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VEGETARIAN DIET AND DISHES

BY
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VEGETARIAN DIET.

Probably many men would, for one reason or another, like to try the experiment of breaking away from an accustomed meat diet, if they only knew how to select and properly to prepare suitable vegetable foods. Indeed, the ignorance of the subject is so universal and so dense, that even a small, inadequate effort to raise the heavy pall cannot but be worth while. Many men, for example, imagine all vegetables to be alike, requiring no special selection; and the case of two ladies who unsuccessfully tried to live on cake and ice-cream, has seriously been cited as an unanswerable argument against any vegetable diet. It should be borne in mind that both kinds of food, vegetables and flesh, generally contain, each article in its own proportion, a muscle-making component or ingredient, together with other components that serve for the muscles as fuel does for an engine. As the muscles wear away, they need to be replaced by appropriate nourishment; but as work is done, the fuel must be supplied. The cake and ice-cream supply satisfactory fuel, but lack enough of the muscle-building material to replace the muscular particles that have been worn away. The different kinds of flesh of fishes and land animals used as food contain a much larger proportion of the muscle-building element and of fat than is needful, and consequently a man who eats much of that food craves alcohol and sweet, or starchy, food, such as cake and ice-cream, in order to restore the equilibrium. A proper vegetarian diet, on the other hand, is made up in good part of vegetables that have a smaller proportion of the muscle-building element, creating, therefore, less craving, or none, for sweetmeats or alcohol.

It is easy then to understand, and important not to forget, that meat-eaters and vegetarians do not desire and need the same vegetables; meat-eaters wish for those that will help to counterbalance the excessive amount of the muscle-building element and of fat in meat; vegetarians principally seek at least some vegetables that are rich in the muscle-building element; and that consequently take the place of meat. It is, in fact, really surprising that present-day experimenters with a vegetable diet, breaking away from their own and their families' long established meat-eating habits, have succeeded so

well, considering the universal crass ignorance of the subject; for the vegetable food preferred by the meat-eaters and most frequently seen at their tables is generally comparatively poor in muscle-building material, since they instinctively desire thereby to counterbalance the excess of that material, and the deficiency of sugar or starch, supplied by their meat and fish. So, a vegetarian seldom finds there what he particularly needs, vegetables comparatively rich in muscle-making matter and not overburdened with starch or sugar; and his appetite is, therefore, apt to be as unsatisfied as the crane's who was invited to dine with the fox, and found the shallow soup plate quite impossible for his beak. The incompatibility of the two methods can hardly be too strongly insisted upon. For it seems to have been (especially among meat-eaters) well nigh incomprehensible, or inconceivable, and has doubtless consequently led to the failure, or abandonment, of any vegetarian experiments.

The stomach discriminates nicely in such matters, like a skilful chemist, and craves what is needed; just as, in a more general way, it indicates its need of food and drink by the unmistakable sensations of hunger and thirst. The special cravings, however, are more liable to be misunderstood or suppressed, according to fixed habits, or excessive and confirmed tastes, or mistaken intellectual ideas about diet, or rooted prejudices against unaccustomed articles of food. Consequently, a persistent indulgence in a great excess of muscle-building food, or of sweets or of fatty nourishment sometimes brings on serious, even, perhaps, mortal diseases, such as, for example, gout, scurvy, and diabetes; besides doubtless making one less able to resist the attacks of many other diseases, a number of them mortal.

PRACTICABILITY OF VEGETARIANISM.

Evidently then, it is essentially a matter of chemistry whether vegetarian food can satisfactorily answer the needs of the body, and maintain its composition, its strength and health. Let us first consider what are the chemical requirements of the body and then whether such food can readily supply them.

An approximate knowledge of what amount of each of the principal nourishing components of food is needed by the

body can be gained from the numerous investigations that have been made as to the chemical composition of the human body and of the various diets actually consumed by a large number of different classes of men.

Those principal components of food and of the human body, are (besides water—highly important, yet in our present discussion negligible) protein, fats, carbohydrates, and ash. Protein is the name given (as indicating the supposed first, or chief, element of the muscles) to the nitrogenous compounds, including proteids and extractives. The proteids are sub-divided into albuminoids (such as the whites of eggs, the lean of meat, the curd of milk, and the gluten of wheat) and gelatinoids (such as the collagen of the tendons and skin, and the ossein of bone.) The proteids are chiefly useful as muscle and bone makers. The extractives are the principal organic ingredients of meat-extracts, beef-tea, soup-stock, consommé and the like; and are believed neither to build tissues nor to supply energy, but to act merely as stimulants and appetizers. The fats, both solid and oil, in the food, serve as fuel for the engine-like muscles, and for keeping the body warm; and are, as fuel, about $2\frac{1}{4}$ times as effective, weight for weight, as either protein or carbohydrates (more precisely, 8.9 to 4). The carbohydrates include starch, sugar and cellulose, or the fibre of plants. They, too, serve as fuel, supplying energy. They are often transformed into fat in the body. The ash is what remains after burning the body, and is found chiefly in the teeth and bones, but it is not wholly absent from the other tissues and the fluids.

The average human body contains about:

18 per cent. of protein	} organic compounds, 84	
16 per cent. of fats		per cent., or about one-
1 per cent. of carbohydrates		third.
6 per cent. of ash	} mineral matters, 66 per	
60 per cent. of water		cent., or about two-
		thirds.

100

It is plainly, in the main, a chemical question, what should be eaten to form our body and to replace its waste, and it is not merely a matter of gratifying the appetite, or the palate; though one's own instinctive tastes acquired through the experience, or innumerable experiments, of countless generations

may have always been in some degree a useful guide under natural healthy conditions. Yet instincts sometimes become perverted, especially in a highly artificial, pampered, so-called civilized, mode of life. In prescribing for another, an insufficient observance of the chemical principles sometimes leaves even physicians of high reputation in ignorance of what would be suitable food for the healthy man or the diseased; or for the convalescent who wishes to rebuild diminished muscles, without at the same time overloading a weakened stomach with a great excess of protein, the very excess that, in many cases, has been at the bottom of the illness. Not perceiving the real cause of the disease, they are imperfectly skilled in restoring permanent health.

THE VARIOUS DIETS OF MANKIND.

Such ignorance and error may easily be occasioned by the fact that, however satisfactory hitherto published chemical analyses of vegetable foods may be for economic or other purposes, their dietetic indications have been much obscured, and their usefulness as guides to the selection of suitable nourishment has been greatly diminished or altogether nullified, if not made downright misleading, by always including the water, and in some cases also the refuse that is removed before eating. Thereby the comparative proportion of the dry nutrients (that is, with water left out of account) is not readily seen; and if the percentage of water is large, the impression is given that the food has little nourishing value. Of course, it may be little compared with a unit of weight; but a greater weight may be eaten without fear of taking more water than we should otherwise have to drink, or of failing fully to receive the indicated proportion of each of the other nutrients; for example, much protein, or much carbohydrate, according to the chemical character of the special kind of food. In comparing the nutritive character of different kinds of food, leaving out of account their bulk and cost, it seems, therefore, decidedly advisable to disregard the amount of water they contain; for, the less water they hold, it is only needful to drink so much the more with them, and the more water they have, the less it is necessary to drink.

Again, in the published composition of the diets actually used by different men or classes of men, the amounts of

only the protein, fat, and carbohydrates have often been given; but, for comparison with the foods in our own table and diagram, it is desirable to add the ash also. Let us, then, assume the ash in those diets to be five per cent. of the dry nutrients, which is about the average of the ash of the 194 different kinds of food to be given in our food table.

We may now in tabular form and in diagrams compare different diets that have been investigated, and different articles of food, according to their principal ingredients.

TABLE OF DIETS.

DRY NUTRIENTS ONLY.

Based on Atwater's Bulletin 142, 1902.

ACTIVE WORK.	TOTAL WEIGHT Oz.	PERCENTAGE			
		Protein	Fat	Carbo- hydrates	Ash
2 Football teams, Connecticut and California	45.1	17.7	27.7	49.6	5.0?
3 Bicyclists, New York	38.0	17.3	17.3	60.4	5.0?
5 Swedish mechanics	37.6	17.7	10.3	67.0	5.0?
1 Prussian machinist	34.5	14.2	11.6	69.2	5.0?
7 Rowing clubs, New England	28.6	19.1	21.8	54.1	5.0?
ORDINARY WORK.					
2 U. S. laborers' families, com- fortable	29.7	14.2	17.5	63.3	5.0?
Russian peasants	28.3	16.3	4.2	74.5	5.0?
6 Swedish mechanics	27.3	17.3	10.2	67.5	5.0?
10 Eastern U. S. farmers' fami- lies	25.8	13.3	17.8	63.9	5.0?
14 U. S. mechanics' families ...	24.3	14.9	21.8	58.3	5.0?
12 Laborers' families, large- cities	20.8	17.1	19.6	58.3	5.0?
PROFESSIONAL MEN.					
15 College clubs, U. S.	26.3	14.2	19.7	61.1	5.0?
14 Lawyers, teachers, etc., U. S.	24.2	15.2	18.2	61.6	5.0?
1 Japanese professor	20.8	20.9	3.5	70.6	5.0?
2 German physicians	20.5	22.5	16.3	56.2	5.0?
LITTLE OR NO EXERCISE MEN.					
5 Germans in respiration ap- paratus	18.9	23.7	14.9	56.4	5.0?
11 Americans in respiration calorimeter	18.4	21.4	15.3	58.3	5.0?

DESTITUTE CIRCUMSTANCES.	TOTAL WEIGHT Oz.	PERCENTAGE			Ash
		Protein	Fat	Carbo- hydrates	
11 Poor families, New York City	22.1	14.8	15.2	65.0	5.0?
5 Italian mechanics	18.9	14.2	7.1	73.7	5.0?
2 Laborers' families, Pitts- burgh, Pa.	17.9	15.7	18.7	60.6	5.0?
1 German laborer's family	13.8	13.3	8.2	73.5	5.0?

MISCELLANEOUS.

1 Chinese farm laborer, Cali- fornia	32.6	15.5	10.3	69.2	5.0?
1 Chinese laundryman, Cal- ifornia	28.9	16.5	9.3	69.2	5.0?
4 Mexican families, New Mexico	28.9	11.5	8.7	74.8	5.0?
U. S. army ration, peace	27.3	15.5	20.8	58.7	5.0?
39 Negro families, Alabama and Virginia	24.6	12.2	20.5	62.3	5.0?
10 Russian Jews, Chicago	24.4	10.8	14.9	60.3	5.0?
German army ration, peace	23.5	17.1	5.8	72.1	5.0?
5 French Canadian families, Chicago	23.1	18.0	24.2	52.8	5.0?
4 Italian families, Chicago	22.5	16.2	17.4	61.4	5.0?
8 Bohemian families, Chicago	21.4	19.0	16.6	59.4	5.0?
1 Chinese dentist, California	19.2	21.1	20.8	53.1	5.0?
1 Java village, Columbian Ex- position, Chicago	12.6	18.5	5.3	71.2	5.0?

BASED ON PAVY (Encyclopædia Britannica, "Dietetics," 1876).

Active labor	26.7	16.7	11.8	64.8	6.7
Hard labor, prison	26.4	15.4	5.9	71.3	7.4
"Penal diet"	26.2	14.5	6.9	75.8	3.7
Industrial employment	24.2	15.3	6.5	71.5	6.7
French infantry	23.8	17.2	5.3	72.5	5.0?
Austrian infantry	22.1	16.8	5.0	73.2	5.0?

Punitive, Insufficient.

Prisoners, 7 to 21 days	17.8	13.0	3.2	78.8	5.0?
"Bare existence diet," prison- ers, 7 days	13.0	13.1	3.5	78.4	5.0?
Punishment diet, prisoners, 3 days	10.1	12.9	2.5	81.2	3.6

PROPOSED STANDARD DIETS.

Volt:

Man at hard work	25.8	16.8	13.7	61.5	5.0?
Man at moderate work	25.0	16.8	7.9	70.5	5.0?

DRY NUTRIENTS OF DIETS

AT WATER:	TOTAL WEIGHT	PERCENTAGES			
ACTIVE WORK:	POUNCES	PROTEIN	FAT	CARBOHYDRATE	FIBRE
1. Active work:		%	%	%	%
2. Active work:					
3. Active work:					
4. Active work:					
5. Sweated mechanics					
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200. Sweated mechanics					

U.S. NAVY (Continued)

Atwater:	TOTAL	PERCENTAGE			
	WEIGHT Oz.	Protein	Fat	Carbo- Hydrates	Ash
Man, very hard muscular work	44.3	13.9	15.8	65.3	5.0?
Man, hard muscular work	33.6	15.8	15.4	63.8	5.0?
Man, moderately active, muscular work	27.5	16.0	15.4	63.6	5.0?
Man, light to moderately muscular work	24.7	16.0	15.4	63.6	5.0?
Man at sedentary, or woman at moderately active work . . .	21.8	16.2	15.4	63.4	5.0?
Woman at light to moderate work, or man with no muscular work	19.8	16.0	15.3	63.7	5.0?

MEANS OF THE FOREGOING ACTUAL DIETS.

33 Atwater (excluding the standard diets)	25.0	16.7	15.3	63.0	5.0?
6 Pavy (excluding the punitive diets)	24.9	16.0	6.8	71.5	5.7
All 39 diets	25.0	16.6	14.0	64.3	5.1

The diet-diagram makes it clear at a glance, that the main difference between the diets, according to the severity of the work, is not in the amount of protein or muscle-building material, nor yet in the proportions of fat or carbohydrates, but in the whole quantity of food consumed; the larger the quantity, the harder the work accomplished. The limits of variation in the proportion of each ingredient are not so very wide, notwithstanding the fact that some of the diets, such as the athletic ones, and the respiration-apparatus ones, are evidently based on mere theory or fancy, and are visionary and artificial in character. The more natural diets derived from the habitual practice and instinctive appetites of generations, especially of generations who have remained for hundreds of years in one part of the world, differ less in character from the mean.

The European diets of Pavy have on the average almost precisely the same proportion of protein as Atwater's diets, chiefly American; but American diets have a larger proportion of fat, and consequently less of carbohydrates. It is to be seen from the table (excluding three confessedly punitive diets, unsatisfactory for a permanent plan) that the amount of protein varies from 13.8 per cent., to 26.7; the fat from 3.5 per cent., to 27.7 per cent., and the carbohydrates from 52.8 per

cent., to 75.8 per cent. (penal), or 74.8 per cent. In the same diets, the proportion of the fat to the carbohydrates, in percentages of the sum of both, averages 17.9 per cent. to 82.1; or, in the six diets from Pavy, 8.6 to 91.4; and in the 33 diets from Atwater, 19.5 to 80.5; or 1 to 4.6 (all 39); 1 to 10.6 (Pavy); and 1 to 4.1 (Atwater). The native American diets in the United States, as given by Atwater in the same table, have the average percentages of fat and carbohydrates in their sum, 24.6 and 75.4, or 1 to 3.1; but the foreigners' diets given by him have on the average for the like proportions 15.9 per cent. and 84.1, or 1 to 5.3. Clearly, then, in the United States, the proportion of fat is larger than elsewhere; and the fact is still more evident, if we leave out of reckoning the foreigners who live in America. If the diet of these apparently somewhat Americanized foreigners be combined with Pavy's European diets, the proportion of fat to carbohydrates averages 1 to 7.8, against the 1 to 3.1 of the thorough-going, or native, American diets. It appears, then, that these American diets have about two and a half times as much fat as foreign diets have. In the standard diets recommended by Atwater, he left the proportion of fat to carbohydrates optional, if only the fuel value of their sum should be equal to a certain amount. In our table and diagram, however, for greater definiteness, the proportion is fixed at about 1 to 4, the mean of all the actual diets given by Atwater, and perhaps a satisfactory proportion on the whole, though somewhat less fatty than the thorough-going, or native, American average.

It may be seen in the table and diagram that the Chinese farm laborer and laundryman are, as to quantity of food, at the very head of all the laboring men, and that the proportions of the components of their food are practically ideal. This is a sufficient answer to the claims, sometimes set up by demagogues, that Chinese immigration would tend to lower the standard of living among our laboring men, that our laborers could not compete with Chinese low diet, and the like.

Notwithstanding there is considerable variation in the proportion of the components of the diets, it is plain that the limits to the variation are not extremely wide. The protein is never less than about 8 per cent. (of the dry nutrients) below the mean, nor ever 12 per cent., above. Even the proportion of fat to carbohydrates (which has sometimes been

reckoned indifferent, provided the two together have a certain fuel value) does not vary beyond certain narrow limits, not beyond about a dozen per cent., or one-eighth, of the dry nutrients from the mean. The narrowness of these limits shows that the mean proportions of the different components in all the diets, are on the whole, roughly speaking, the best for the natural cravings, and therefore are doubtless the most suitable for the human health under average conditions of age, bodily state, labor, exercise and climate.

Variations from the mean composition of the diet may be made desirable by the age or bodily condition. For example, a young child, or an emaciated convalescent adult, or an athlete increasing his muscle, or a woman having to supply food for a child unborn or born may have need of an unusually large proportion of nitrogenous or muscle-building material. Again, it has been supposed that hard labor or exercise would require either (as Liebig, and apparently Voit, maintained) an unusually large amount of nitrogenous material; or, as Atwater urges, an unusually large proportion of carbohydrates or fat. He accordingly recommends for very hard muscular work a diet with only 13.9 per cent. of protein in all the dry nutrients. Nevertheless, for hard muscular work, moderately active, light to moderate, sedentary, and no muscular work, the five diets he recommends have practically the same proportion of protein, about 16 per cent. of all the dry nutrients, the diets virtually differing only in the total quantity of food. It seems that this is the more correct principle; for the wear and tear of the muscles, must be proportioned to the amount of using them, and this to the amount of fuel consumed. If that be so, the proportion of the different constituents of the food should be the same with much work or with little; but much work would simply require a larger quantity of food of the same composition. It is sometimes thought that a warm tropical climate properly requires a change of diet; particularly, it is often urged, a smaller quantity of meat—that is, of strongly nitrogenous and of strongly fatty food (for most fish and meat contain a larger proportion of fat.) The large supply of fat and the addition of carbohydrates craved and eaten to counterbalance the great excess of nitrogenous matter and of fat, create far more bodily warmth than is comfortable in a tropical climate or summer season. As the total fuel should be less in warm weather, the protein would become a slightly larger

share of the whole amount of nutrients. In the arctic regions or winter season, on the other hand, a larger proportion of fuel, particularly of fat is desirable.

The proportion, then, of the mean of all the 89 diets may be taken as satisfactory for adults, with probably a little more protein for children, and for adults needing to create additional new muscle; and with a little less fat (that is, generally less meat and fish, if any, yet, on the whole, a larger proportion of protein) for hot weather, or tropical climates, or a little more fat for cold weather or arctic climates; and with a larger amount of food of average composition for harder muscular work, or for a heavier body. It may be argued that the number of investigated diets (89) is too small for determining a mean average of the greatest value. But it is seen that the number is so large that additional diets varying decidedly from the mean would yield a new mean but slightly different; and it is clear from the somewhat wide variations in the 89, that the body takes little account of small departures from the mean proportions of the different constituents of the food. Indeed, there is considerable variation in the composition of vegetables of the same name. What is, then, no more, to be sure, than a roughly precise standard is accurate enough; and the best to take is probably the mean of the whole 89 diets. That mean diet is composed, for dry nutrients, of approximately one-sixth protein, one-seventh fat, two-thirds carbohydrates, and one-twentieth ash.

If such a diet of various articles be provided, the natural cravings may in general be trusted to adjust properly the quantity of food according to the varying severity of muscular work, and slightly to re-adjust the proportion of the different elements, according to age or bodily condition. To be sure, the indulgence of pernicious habits of eating or of hygiene, habits perhaps fostered by fashion, or by the desire to imitate others, who are fancied to be worthy of imitation, or by a love of display, may give rise to unwholesome cravings; but such habits are apt to yield before abundant customary exercise and abstinence from mere nerve-ticklers, such as vigor-sapping, life-shortening, innutritious stimulants and narcotics.

As to the quantity of food, the diet-tables hitherto given are somewhat unsatisfactory, in that they indicate neither the weight of the eaters nor, in some cases, the sex, nor in what degree adults or children are in question. Atwater remarks

that women require only four-fifths as much as men under similar conditions, and that a child needs from three to nine-tenths as much as a man, according to age, up to sixteen years old. Such differences perhaps correspond mainly to the differences in weight of the individuals, for it appears almost obvious that, aside from the greater amount of external work done, a large body must require more muscular work to move itself about, and to keep up its own internal blood circulation, breathing, peristaltic movements, temperature, and the like. A diet-table would, therefore, probably be better, if given in the form of the quantity of food consumed for each hundred pounds of weight of the individual; but as the information is at present lacking for a table of that kind, we must content ourselves, as well as we can, with the present form.

Nevertheless, imperfect and rough as the information is, it may yet serve a useful purpose; for the indication of the proper proportions of the components of the food, though perhaps not altogether perfect, is probably sufficiently exact, considering the elasticity and readiness of the body to accommodate itself to varying circumstances. The natural craving may perhaps serve as a guide, if the adjustment of the proportions appears to be imperfect. Observed symptoms may also to some extent be a guide. If, for example, small sores or pimples break out, it may be suspected that the diet is of ill-balanced composition, with too large (or too small) a proportion of fat or carbohydrates. If some article of food leaves a rather persistent taste in the mouth, it may be supposed that the article has contributed too large a share of carbohydrates, or of protein, and the effect may be counteracted, and the taste overcome, by eating something of an opposite or counterbalancing character. For instance, if peanuts with their large percentage of protein, leave a long lasting taste in the mouth, it may be supposed that other food has already supplied so much protein that an excess exists, and some sweet article (say, fruit) may successfully be eaten to remove the taste by restoring the balance. As to the proper quantity of food, the appetite is a pretty good guide. Franklin advised that we should rise from a meal with an appetite; but he could hardly be right, if he meant hunger, or anything more than the absence of an overfull feeling, or than the capacity or slight inclination, to indulge further a mere tickling of the palate.

COMPOSITION OF FOODS.

Having now seen what nourishing elements are needed in our diet, let us proceed to a consideration of the proportion of those elements to be found in the different articles of food. For that purpose, the following table of foods with its diagram, has been prepared, giving 194 chemical analyses of the composition of about 180 wholly distinct articles of food, leaving out of account the water they contain. The table was originally computed and re-arranged from one by Atwater in his "Farmer's Bulletin, No. 142" of the United States Department of Agriculture, pp. 16-18 (1902); and the diagram was drawn to correspond, and compactly, yet sufficiently, illustrates the subject. Now, however, fifty-four other food analyses have been added, here and there, to the table, having been computed from analyses given by Wiley in his more recent valuable work on "Foods and Their Adulterations," and from other sources noted in the table. These additions, however, occasion but slight alterations in the means of the different groups.

TABLE OF FOODS.

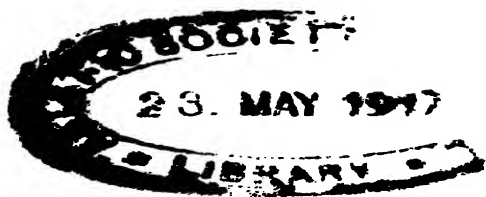
FOODS.	PERCENTAGE OF DRY NUTRIENTS			
	Protein	Fat	Carbo- hydrates	Ash
Cod, dressed	91.7	1.7	...	6.6
Perch, yellow, dressed	88.9	4.9	...	6.2
Chicken, broilers	85.9	9.4	...	4.7
Lobsters	77.7	9.2	2.6	10.5
Halibut	74.3	21.3	...	4.4
Shad-roe	72.6	13.2	9.0	5.2
Crabs	72.5	8.3	5.5	13.7
Veal, leg cutlets	70.3	26.2	...	3.5
Veal, forequarters	69.3	27.5	...	3.2
Veal, hindquarters	68.6	28.0	...	3.4
Mackerel, whole	67.6	27.8	...	4.6
Veal, leg	63.8	32.5	...	3.7
Shad, whole	63.1	32.2	...	4.7
Beef, dried, salted, smoked	62.6	16.3	...	21.1
Beef, shank, fore	61.8	35.3	...	2.9
Beef, shoulder and clod	60.5	36.2	...	3.3
Salmon, canned	59.7	33.2	...	7.1
Beef, round	57.9	39.0	...	3.1
Sardines	57.7	29.4	...	12.9

	Protein	Fat	Carbo- hydrates	Ash
Pork, tenderloin	57.5	39.5	...	3.0
Veal, breast	56.6	40.4	...	3.0
Hen's eggs	56.2	39.9	...	3.9
Clams	55.2	5.7	27.1	12.0
Beef, corned, canned	53.7	38.2	...	8.1
Beef, neck	53.5	42.1	...	4.4
Lamb, leg, hind	52.3	44.7	...	3.0
Beef, rib, rolls	52.3	45.3	...	2.4
Beef, canned, boiled	51.7	45.7	...	2.6
Oysters, "solids"	51.3	11.1	28.2	9.4
Fowls	51.3	46.1	...	2.6
Beef, porterhouse steak	50.5	47.4	...	2.1
Beef, chuck ribs	49.5	47.9	...	2.6
Mutton, leg, hind	49.4	48.0	...	2.6
Beef, sirloin steak	49.2	48.1	...	2.7
Natto (Abel)	48.9	27.9	19.5	3.7
Beef, loin	46.7	50.7	...	2.6
Beef, flank	46.3	51.8	...	1.9
Turkey	45.6	52.1	...	2.3
Fresh tofu (Abel)	45.5	30.9	19.1	4.5
Beef, hindquarter	44.8	53.2	...	2.0
Beef, forequarter	44.4	53.5	...	2.1
Lamb, breast	43.6	54.1	...	2.3
Roquefort cheese (Wiley)	40.0	48.5	3.0	8.5
Beef, rump	39.8	58.2	...	2.0
Cheese, full cream	39.4	51.2	3.6	5.8
Beef, ribs	38.8	59.2	...	2.0
Cheese, cheddar	38.2	50.7	5.6	5.5
Soy bean, dried (Abel)	38.1	18.8	37.8	5.3
Limburger cheese (Wiley)	37.6	53.2	4.7	4.5
Mutton, hindquarter	36.6	61.5	...	1.9
Skim milk	35.8	3.1	53.7	7.4
Pork, loin chops	34.9	63.0	...	2.1
Beef tongue, pickled	33.6	54.2	...	12.2
Buttermilk	33.3	5.6	53.3	7.8
Mutton, forequarter	32.8	65.3	...	1.9
Mutton, loin chops	31.8	66.6	...	1.6
Goose	30.5	67.9	...	1.6
Asparagus (Wiley)	30.3	4.1	54.5	11.1
Swiss miso (Abel)	30.2	15.9	24.0	29.9
Pine nut, <i>Pinus sabiniana</i> (Wiley)	29.6	56.6	8.8	5.0
Mushroom	29.4	3.4	57.1	10.1
Butternut	29.2	63.9	3.8	3.1
Black walnut	28.5	57.7	11.8	2.0
Peanut, dried	28.4	42.4	27.0	2.2

	Protein	Fat	Carbo- hydrates	Ash
Lentil, dried (Abel)	28.1	1.1	64.6	6.2
Pork, shoulder	28.3	70.1	0.0	1.6
Cow pea, shelled (Abel)	27.6	1.7	66.6	4.1
Pea, shelled	27.6	2.0	66.5	3.9
Spinach	27.3	3.9	41.5	27.3
Pea, dried	27.2	1.1	68.5	3.2
Mutton, flank	26.9	71.9	0.0	1.2
Navy bean, dried	25.7	2.1	68.2	4.0
Whole milk	25.4	30.8	38.4	5.4
Almonds, European (Wiley)	25.0	56.4	15.3	3.3
Cow pea, dried	24.6	1.6	69.9	3.9
Green pea, canned	24.5	1.4	66.6	7.5
Beechnut, European (Wiley)	23.9	46.6	25.2	4.3
Frijol, dried (Abel)	23.7	1.4	70.4	4.5
Pistachio nut (Wiley)	23.3	56.4	17.0	3.3
Kidney bean, shelled (Abel)	22.9	1.4	70.8	4.9
Beechnut, American (Wiley)	22.8	59.8	13.7	3.7
Soy No. 1 (Abel), unstated 10.5 per cent.	22.7	...	13.9	52.9
Soy No. 2 (Abel), unstated 11.3 per cent.	22.6	...	12.5	53.6
Cocoa, powdered	22.6	30.3	39.5	7.6
Lima bean, shelled	22.5	2.2	69.9	5.4
Asparagus bean, whole pods (Abel)	22.4	2.5	69.1	6.0
Lettuce	22.2	4.4	55.6	17.8
Beans, baked, canned	22.2	8.0	63.0	6.8
Chocolate (Payen in Encyclopædia Britannica)	22.2	57.8	15.6	4.4
Almond (Californian)	22.0	57.7	18.2	2.1
String-bean (Abel)	21.3	2.8	68.5	7.4
Celery	20.4	2.3	59.1	18.2
Red miso (Abel)	20.3	— 54.5 —		25.2
Lima bean, dried (Abel)	20.3	1.6	73.5	4.6
Tomato, canned	20.0	3.3	66.7	10.0
Cabbage	19.2	1.7	66.8	12.3
Sugar pea, or string-pea (Abel) ..	18.7	2.2	75.3	3.8
Banana (Encycl. Brit., 9th ed.) ..	18.5	2.4	76.1	3.0
Green corn, fresh (Wiley)	18.5	2.2	76.7	2.6
Oat breakfast food	18.1	7.9	71.7	2.3
Brazil nut	18.0	70.5	7.3	4.2
Cucumber	17.9	5.1	66.7	10.3
English walnut	16.9	65.0	16.6	1.5
Oat flour, mean of a number (Wiley)	16.8	8.1	73.2	1.9
Filbert	16.3	67.9	13.4	2.4

	Protein	Fat	Carbo- hydrates	Ash
Eggplant (Wiley)	16.2	4.4	72.3	7.1
Radish, edible portion, doubtful (Wiley)	15.9	4.9	70.7	8.5
Hickory nut	15.9	70.1	11.8	2.2
Wheat flour, low grade	15.9	2.2	80.9	1.0
Tomato	15.8	7.0	68.4	8.8
Okra (Wiley)	15.8	3.2	75.1	5.9
Whole wheat bread	15.7	1.5	80.7	2.1
Entire wheat flour	15.6	2.1	81.2	1.1
Oats, hulled, mean of 179 analyses (Wiley)	15.4	8.7	73.6	2.3
Wild rice (Woods & Snyder)	15.2	1.0	82.0	1.8
Piñon nut, <i>Pinus edulis</i>	15.1	64.1	17.8	3.0
Graham flour	15.0	2.5	80.5	2.0
Succotash, canned	14.9	4.2	77.2	3.7
Macaroni, spaghetti, vermicelli and Italian pastes	14.9	1.0	82.6	1.5
Chocolate	14.7	51.8	31.2	2.3
Chickpea, dried (Abel)	14.6	7.8	74.3	3.3
White bread	14.2	2.0	82.1	1.7
Rye bread	14.0	0.9	82.8	2.3
Barley, whole grain (Woods & Snyder)	13.9	2.0	81.4	2.7
Graham bread	13.9	2.8	81.0	2.3
Pumpkin (Wiley)	13.8	1.8	74.3	10.1
Rye, mean of many hundred analyses (Wiley)	13.7	1.7	82.5	2.1
Wheat, average of all kinds (Wiley)	13.7	2.0	82.3	2.0
Wheat, breakfast food	13.4	2.0	83.2	1.4
Kafir corn meal (Woods & Snyder) ..	13.3	0.6	83.6	2.5
Beet	13.0	1.0	77.0	9.0
Onion	12.6	2.7	80.2	4.5
Green corn	12.6	4.5	80.1	2.8
Turnip	12.3	1.4	78.1	8.2
Squash	12.0	3.4	77.7	6.9
Condensed milk	12.0	11.3	74.0	2.7
Oyster crackers	11.9	11.0	74.1	3.0
Rhubarb	11.7	11.8	64.7	11.8
Green corn, canned	11.7	5.1	79.5	3.7
White miso	11.6	75.0		13.4
Barley, flaked, steam-cooked (Woods & Snyder)	11.6	0.9	86.5	1.0
Pecan, polished	11.5	73.3	13.7	1.5
Chestnut, fresh	11.3	9.7	76.6	2.4

	Protein	Fat	Carbo- hydrates	Ash
Chestnut, dried	11.3	7.4	78.9	2.4
Maize, typical, or average (Wiley)	11.2	4.7	82.4	1.7
Buckwheat, coarse flour (Wiley)	11.0	2.7	84.6	1.7
Raspberry (Wiley)	10.7	6.3	79.2	3.8
Cornmeal	10.5	2.2	86.2	1.1
Soda crackers	10.4	9.7	77.7	2.2
Cream crackers	10.4	13.0	74.8	1.8
Potato	10.3	0.6	84.5	4.6
Carrot (Wiley)	10.0	3.7	77.4	8.9
Strawberry	9.9	6.6	76.9	6.6
Buckwheat, fine flour (Wiley) ..	9.9	1.8	86.2	2.1
Parsnip	9.6	2.9	79.4	8.1
Brown bread	9.6	3.2	83.5	3.7
Cream	9.6	71.2	17.3	1.9
Barley, pearled (Woods & Snyder)	9.6	1.2	87.9	1.3
Blackberry (Wiley)	9.5	7.3	79.6	3.6
Lemon	9.3	6.7	78.7	5.3
Rice	9.1	0.3	90.1	0.5
Acorn (Wiley)	8.4	39.0	50.0	2.6
Maize flour, degerminated (Wiley)	8.2	1.5	89.6	0.7
Cake	7.9	11.2	79.0	1.9
Rye flour	7.8	1.0	90.4	0.8
Buckwheat flour	7.4	1.4	90.2	1.0
Raspberry	7.1	...	88.7	4.2
Carob bean, St. John's bread, dried (Abel)	7.0	1.5	88.6	2.9
Jerusalem-artichoke (Wiley, Beh- rend)	6.9	0.8	87.1	5.2
Pinenut, <i>Pinus monophylla</i> (Wiley)	6.8	63.1	27.2	2.9
Apricot	6.7	1.4	88.5	3.4
Cocanut	6.6	58.9	32.5	2.0
Watermelon	6.5	3.2	87.1	3.2
Cocanut, prepared	6.5	59.5	32.6	1.4
Orange	6.3	1.0	88.5	4.2
Muskmelon	5.8	...	88.5	5.7
Grape	5.8	7.1	84.7	2.4
Sweet potato	5.7	2.4	88.3	3.6
Alligator pear, avocado (Wiley) .	5.3	54.0	36.0	4.7
Fig	5.3	0.4	91.4	2.9
Pear	3.6	2.9	89.7	3.8
Cranberry (Wiley)	3.6	5.4	89.2	1.8
Lychee (Wiley)	3.5	0.4	94.5	1.8
Huckleberry (Wiley)	3.3	3.3	91.7	1.7
Raisin	3.0	3.9	89.1	4.0
Apple	2.6	2.6	92.3	2.5



	Protein	Fat	Carbo- hydrates	Ash
Date	2.5	3.3	92.6	1.6
Persimmon	2.4	2.1	92.9	2.6
Apple, dried	2.2	3.1	91.9	2.8
Butter	1.1	95.5	...	3.4
Tapioca	0.5	0.1	99.3	0.1
Starch	100.0	...

MEANS.

58 Animal foods, fish, meat, eggs, whole milk	51.4	41.5	2.4	4.7
42 Vegetables (omitting 7 prepa- rations and 6 canned)	19.0	4.3	69.5	7.2
22 Nuts	17.5	55.2	24.5	2.8
32 Cereal foods	12.5	3.6	82.1	1.8
21 Tree fruits, berries and melons	5.5	5.7	85.3	3.5
117 Vegetable foods	14.6	13.9	67.3	4.2

It is seen that the articles of food are of either animal origin or vegetable. The animal foods are the flesh of animals (of the water or land), or are eggs, or are milk and other dairy products. The vegetable foods are either vegetables (including salads), nuts, cereals, fruits, berries, melons or preparations of parts of plants. It is noticeable that the animal foods are generally much richer in protein than the vegetable ones, and that fishes are, in the main, much richer in protein than the flesh of land animals; though the fishes have been imagined to be less nutritious, and therefore suitable for a fasting diet. Indeed, the animal foods, except cream and butter, have a far larger proportion of protein, and also, with very few exceptions, of fat, than is required for a standard diet, and they must consequently be used in conjunction with such vegetable foods as have less protein and fat than a standard diet requires, in order to obtain from the combination the required proportion of the different elements. It is also noticeable from the table and diagram, that a number of the vegetables, nuts and cereals, have just about the proportion of protein required by a standard diet. The nuts are generally rich in protein and fat, with an average of a little more protein and much more fat than is required by a standard diet. The tree fruits, berries and melons are generally very poor in protein, and especially in fat, and would not of themselves suffice for a standard diet, but could be used to counterbalance with their large proportion of carbohydrates the deficiency of other foods in that respect.

The mean of the 117 vegetable foods mentioned (42 vegetables, 22 nuts, 32 cereals, and 21 tree-fruits, berries and melons) agrees quite closely with the mean of the 39 diets investigated; so that a wholly satisfactory, varied standard diet can evidently be composed of vegetable foods alone; either with average vegetables, nuts, cereals and fruits, or combining in any one of many ways two or more kinds of food of those different classes. The addition of dairy products, milk, butter and cheese, makes it still easier to arrange a well balanced standard diet, when there is only a small number of vegetable foods to choose from. By preference, at least one vegetable food will be chosen with a proportion of protein larger than the sixteen per cent., or so, required by the standard diet. If the vegetable foods have not the fourteen per cent. of fat required by the standard diet, a little butter or some vegetable oil (of the several palatable ones) can be added—for example, in cooking or in a salad.

An examination of the table will show a striking resemblance in composition, as to dry nutrients, between certain foods that are not apt to be thought similar, for instance, the egg-plant, tomato and okra are in dry composition closely like wheat flour; and each of the four has almost exactly the proportionate amount of protein and carbohydrates required by a standard diet. The deficiency in fat (especially in the wheat) is readily supplied by butter or oil; and the universal use of butter on bread is easily understood as the instinctive method of completely converting the bread into a thorough-going staff of life. A smaller amount of butter, or of palatable oil would do the same thing for the egg-plant, tomatoes or okra. Of course, bread, egg-plant, tomatoes or okra eaten with meat or fish, which already have a great excess of protein and fat, would not be so wholesome. The meat-eater will eat sparingly of egg-plant, tomatoes or bread (cutting it as thin as the knife-blade, as if merely making a grudging concession to "a decent respect for the opinion of mankind," that our daily bread is really by preëminence worthy to be called our staple food); and will prefer to counterbalance the excess of protein by some vegetables, like potatoes or sweet-potatoes, deficient in protein and fat, but supplying a large amount of the carbohydrate so lacking in meat and fish; or by fruits, or berries, which, on the average, closely resemble sweet-potatoes in dry composition. The resemblance in composition

between rice and maize is also striking, and shows the possibility of substituting one for the other; say, hominy for rice.

It is seen that asparagus, mushrooms, peas and beans, and in a somewhat less degree, spinach, lettuce, celery and cabbage are rich in protein beyond the requirements of the standard diets, but deficient in fat; which is supplied by salad-oil, or by butter, or the less attractive pork-fat often used in cooking cabbage. They are, therefore, highly palatable as a counterbalance to potatoes and other vegetables somewhat deficient in protein. Vegetarians, for that reason, particularly desire some portion of those protein-rich vegetables, or cheese (say, with macaroni); while meat-eaters more demand vegetables poor in protein, wishing rather for vegetables rich in carbohydrates, to counterbalance the excess of protein and fat in meat and fish. For that reason, a vegetarian is apt to be dissatisfied with the selection of vegetables found at the table of any meat-eater, and finds them deficient in protein, lacking in muscle-building material.

As not a great many articles, even among vegetable foods, and of course none among animal foods, have their constituents in approximately the exact proportions of the model mean diet, it will often be necessary to obtain that mean by combining several articles; and the natural craving or appetite is a guide thereto. If some article eaten contains an excess of protein, straightway there is a craving to eat another article that supplies the counterbalancing fuel in fat or carbohydrates. It is for that reason that eaters of fish and meat with a great excess of protein, and almost always of fat, have (as long since repeatedly observed) a craving for sweetmeats and alcohol. This tendency is noticed by Dr. T. K. Chambers, author of the article on "Dietetics," in the "Encyclopedia Britannica," 9th Ed., 1878; although he generally explains favorably whatever dietetic habits have become common. He says: "The neglect of vegetables. . . is in a physiological point of view imprudent and possibly may be a contributory cause of an inordinate thirst for alcohol." Liebig also (in his "Animal Chemistry") remarks that the use of cod-liver oil tends to promote a disinclination to use wine, and says that most people find that they can take wine with animal food, but not with farinaceous or amylaceous food. See also Chas. O. Groom Napier's paper on "A Cure for Intemperance," in British Association Sub-section D, Bristol Meeting;

and "Vegetarianism, the Radical Cure for Intemperance," by Harriet P. Fowler, New York, 1879. Already in "Vegetarian Cookery" (5th edition, London and Manchester), in 1852, it says of vegetarian diet that it, "when adopted, seems invariably to exterminate the appetite for intoxicating liquors." Dr. Gustav Schlickeysen likewise argued strongly in the same direction and detailed the results of 27 cases where he applied the principle, in every case successfully. Sylvester Graham (author of "Lectures on Science of Human Life," inventor of Graham bread, and son of an English clerical emigrant to America), so early as about 1830, led by his own experience, vigorously urged that a vegetarian diet was a sure cure for alcoholic cravings. The meat-eater's craving for alcohol is well illustrated by the eagerly enjoyed, uproarious bacchanalian orgies of the Aino savages of Yesso, who live chiefly upon game. The flesh-eating North American Indian is likewise reputed to have a remarkable weakness for alcoholic drink.

Dr. Chambers also says: "The discovery already mentioned of the production of force from the assimilation of starch leads to a knowledge, opposed to old prejudices, but supported by experience, that the raising of the energies to their full height of usefulness may be effected by vegetable food quite as well as by the more stimulating and more expensive animal nutriment, or by the more rapidly absorbed alcohol."

Our tables and diagrams themselves make it perfectly clear that vegetable food is amply sufficient for man's healthful sustenance; and it cannot be doubted that a diet of that character is altogether practicable and originally natural for him. "Primitive man," as Dr. Richardson, the distinguished English physician, over twenty years ago pointed out, "must of necessity have found his food in the plant world. We cannot imagine him commencing his career learned in the arts of hunting, killing and cooking the animals for food." Indeed, what creature was physically more defenceless against other animals, less fitted to hunt and kill them? Lucky was he, if his cunning and speed and tree-climbing skill enabled him to escape from such ferocious foes. Evidently, he must at first, like the nearest related lower animals, have lived upon vegetable food. In infancy, however, like other animals, whether they be carnivorous or not, he has always, as Dr. Richardson reminds us, naturally lived upon milk; and that

fact may seem to some a fair argument in favor of his continuing through life to make more or less use of milk and dairy products, if the unhabituated mature stomach does not (as it is apt to do in Japan) rebel against such infantile food, no longer needing the great excess of protein for the growth of new flesh.

Another and overwhelming proof that it is altogether practicable to live upon vegetable food is the fact that hundreds of millions, probably a great majority ("Vegetarian Cookery" says, two-thirds or three-fourths) of the human race do at the present day live exclusively on such food (including milk) and hundreds of millions more taste meat but seldom, once or twice a year, or once a month, or once a week, or two or three times a week; hardly often enough, or largely enough, to say that meat is an essential part of their nourishment, or anything more than a tickler of the palate, like the occasional feasts of human flesh among cannibals. The number that depend much on meat, like the inhabitants of northwestern Europe and of America, are really a minority; yet a minority so ignorant of the rest of the world, as to imagine that all men must of necessity either live as they themselves do, or else must suffer in health and strength. But if the more largely meat-eating parts of the world do really excel in strength, health and enlightenment, the result comes by no means from the meat-diet; but rather their enlightenment (arising not from special diet, but from racial traits) has made it possible to take advantage of natural resources, and has encouraged vigorous industry, and has created wealth, that enables indulgence in a more abundant and more expensive diet, of flavor that is to many highly prized through long habit and inheritance dating back hundreds of years to savage times.

ADVANTAGES OF VEGETARIANISM.

PHYSIOLOGICAL SUPERIORITY.

As for health and strength from vegetable food, not only are the mountaineers all through populous Asia, who rarely or never taste flesh of any kind, conspicuously healthy, brawny, powerful men compared with other men of their own race, but many thousands of individuals of meat-eating nations have with admirable success changed to a vegetable diet without

loss of strength. At a notable foot-race from Berlin to Vienna, in 1898, two vegetarians came in ahead of all the rest. Again, in 1902, the victor in a walking match from Berlin to Dresden was Karl Mann, a lacto-vegetarian, as the Germans call him. Our own marvelous pedestrian, Weston, is said to be nearly, if not quite, a vegetarian. Dr. Furnivall, the Shakespearean scholar, a vegetarian for 25 years, in February, 1910, at 85 years old, chose to celebrate his birthday by rowing thirteen miles. Among the lower animals it has truly been said that the strongest live upon vegetable food; the lion is ferocious rather than strong, but the vegetarian elephant, camel, ox, horse, reindeer, moose and others have real strength. The general, unprejudiced observations and inferences not unfavorable to the health and strength given by vegetable food are strongly corroborated by the few precise experimental tests that have been made.

For example, Prof. Irving Fisher, of Yale University, in "Science," October 25, 1907, reviews a monograph of 77 pages on a "Scientific Investigation of the Brussels Vegetarians," by two ladies, Dr. Ioteyko, head of the laboratory at the Brussels University, and Miss Kipiani. They are convinced that the vegetarian practice is in the main more rational than the highly nitrogenous diet common in western Europe and America. They quote the eminent French writer on dietetics, Armand Gautier, "who without himself being a vegetarian praised the good effects of the vegetarian regimen," and who said: "The vegetarian regimen, modified by the addition of milk, fat, butter, eggs, has great advantages. It adds to the alkalinity of the blood, accelerates oxidation, diminishes organic wastes and toxins; it exposes one much less than the ordinary regimen to skin maladies, to arthritis, to congestions of internal organs. This regimen tends to make us pacific beings, and not aggressive and violent. It is practical and rational." He is quoted as saying of muscular strength, in his recent work, "L'Alimentation et les Régimes:" "In England, for example, present records are held by vegetarian cyclists. J. Lefèvre, the eminent mountaineer, often covers more than fifty miles of most arduous climbing on a diet of sugar, fruit, bread, chocolate and lime-juice. The vegetarian regimen, especially the milk and vegetable diet, is inimical to gout, rheumatism and various nervous diseases. On such diet, the character of a man seems to become more supple, and his mind

keener. This, at least, is the idea of that excellent judge Seneca, who became a vegetarian in his old age."

In regard to the 48 Brussels vegetarians of several years standing, the investigators observe that, "for the most part, the vegetarians appear younger than their age; notably the ladies are distinguished by their clear and fresh complexion." (This agrees with the sly suggestion in the newspapers of 1892, that Lady Augustus Paget, wife of the British Ambassador at Vienna had for that very reason, rather than from merely humane grounds, enthusiastically adopted a vegetarian diet.) As to strength, little difference was discovered between vegetarians and carnivorous people; but in endurance, a very remarkable difference was found, the vegetarians excelling from 50 to 200 per cent., according to the method, of measurement. This result, Prof. Fisher remarks, agrees with an experiment on nine Yale students in 1906; at the end of five months, their strength, after reducing their consumption of flesh foods by five-sixths, remained practically stationary, but their endurance was increased by over 90 per cent. Quite recently, with his ergograph, he has found that Karl Mann, the above mentioned lacto-vegetarian, could lift the weight 687 times, against Horace Fletcher's 350 times, and the previous record of 175 times, and the 80 to 60 times of ordinary men of fair muscular development. Prof. Fisher also found by gymnasium tests that a couple of dozen flesh-abstainers had two or three times the endurance of a like number of flesh-eaters, agreeing well with the Brussels experiments. In both investigations, the vegetarians recovered from fatigue much more quickly than the meat-eaters. The Brussels authors, therefore, recommend the vegetarian diet for working men, and urge that its use would lessen railway and industrial accidents that arise from over-fatigue, and would, among the economic benefits, increase the productivity of labor.

These recent careful scientific tests fully corroborate what had long previously been noted less precisely in "Vegetarian Cookery" of the greater endurance of vegetarian laborers in Ireland, Scotland (with no bullocks slaughtered in Glasgow in 1763), France, where Dupin says that two-thirds of the population live without flesh-meat; indeed the peasantry and hard workers of all Europe, not excepting England, "are mainly abstainers from meat, as in Norway, Sweden, Russia, Denmark, Poland, Germany, Turkey, Greece, Switzerland,

Spain and Portugal, the bone and sinew of all these countries being built up upon the vegetable products of the earth. . . . Many instances to prove the health, longevity and strength of classes of men carrying out this practice can also be quoted from the experience of the world." The Pattamars of India, the Poles and Hungarians of the Carpathian Mountains, porters of Morocco, Smyrna, Spain and Canton, the Greek boatmen, the South American miners (and the Mexican peons might be added), of great endurance, "are all adherents to the simplest habits of diet." Adam Smith in the "Wealth of Nations," is cited as saying that the hardest working men (chiefly Irish), on vegetable diet, are the strongest men in the British dominions. Dr. Forbes's experiments with students about 25 years old showed that the Irish and Scotch excelled the English in stature and strength; the Irish being mainly vegetarian, and the Scotch also abstemious. The experience of the English society of vegetarians is also favorable, and they are comparatively exempt from illness, notwithstanding the difficulties of changing to vegetarian diet in the prevalent great ignorance about it.

Prof. Fisher remarks that the Brussels monograph confirms the trend of many modern studies; for example, T. Russell's book on "Diet and Strength" and Prof. Chittenden's arguments in favor of a low-protein diet. But Prof. Fisher points out the possibility that flesh-eating is harmful not only because of excessive proteid, but because meat contains poisonous elements; and he reminds us that Liebig himself came to repudiate the idea of nutrition in the extractives of meat (such as beef-tea and broth or soup-stock); and he further cites Dr. F. B. Turck's experimental proof that they have bacteria, and, as a fine culture-medium, greatly multiply them. Prof. Fisher adds that these investigations with those of Combe, Metchnikoff, Tissier, Herter and others, seem gradually to be demonstrating that the fancied strength from meat is, like the fancied strength of alcohol, an illusion, and that the beef and ale of England are largely sources of weakness, not strength. Even Samson was a teetotaler.

Our own table and diagram of the diets, indeed, has made it apparent that working power or strength, comes not from an unusually large proportion of the nitrogenous component, but rather from the quantity of the food, without any change in the proportions of its chemical ingredients. The wear and

tear of the muscles must be proportionate to the amount of work done, and that to the amount of fuel consumed; so that the nitrogenous or muscle-building matter should retain a constant proportion to the whole amount of food (supposing the ratio of fat to the carbohydrates remains unchanged). It is probable, therefore, that one diet of ideal composition would be best suited to all degrees of severity of work, and should be varied only in total amount for the difference in those degrees. The ideal diet is most likely to have, for its dry nutrients, the same main composition, the same proportions of protein, fat, carbohydrates and ash as are found in the mean of the diets of all mankind, and doubtless differs very little from the final mean of our diet table and diagram, the mean for 39 diets, and for several hundred individuals, besides the army and prison rations.

It is, therefore, extremely probable that this natural, the approximately average, diet of all men should have originally been the one most acceptable to man's taste, and any notable departure from it, as in the case of the excessively nitrogenous and fatty meat and fish, must have been, at least in the beginning, highly distasteful. It is true, that long habituation, through many generations, has made some men fond of the taste of meat; but disuse of it soon lessens the liking, and longer disuse increases the distaste. Evidently it is natural that there should be, in the most primitive condition, a dislike or even disgust, at the very thought of eating animal food.

Moreover, with increased enlightenment, it is certainly not appetizing to reflect that mingled with the animal's muscle, you must eat also more or less of the particles of the excrementitious products of its decomposition, since they cannot have been fully separated and removed from the muscles, or meat; but in the case of oysters, snails and some other small animals, your thoughts as well as your eyes must be blind to the larger masses of such matters that necessarily exist in the outlets of the digestive organs. Furthermore, along with the meat are taken the living parasites that inhabit it, such as the tapeworm, or taenia, and the trichina, and yet more inevitably the bacteria that infest the decomposing portions. It is certain, too, that many animals commonly slaughtered for food, are by no means in a perfectly healthy condition. In fact, it is hard to believe that animals accustomed, like the hog, to wallow in filth, or, like the hog and common poultry

and eels and oysters, to feed upon filthy, decomposing food can fail to have more or less unhealthy flesh that should be altogether disgusting to the reflective eater. Indeed "Vegetarian Cookery" takes pains to prove that very much meat in the markets comes from really diseased animals.

The Brussels investigators, like some others, while commending a vegetable-diet, advised that any change to it from an animal-food diet should be gradual. Benjamin Franklin, however, in his autobiography, says that he repeatedly made the change abruptly to a vegetable diet, "without the least inconvenience," and thinks "there is little in the advice of making those changes by easy gradation." Probably there would be no need to make the change gradual, if care were taken to supply at once a proper proportion of muscle-building material (protein). If, in entire ignorance of the subject the attempt be made to live wholly upon the vegetables especially poor in protein that are most apt to be found on the tables of the carnivorous, doubtless there would be a lack of protein that might be sufficiently supplied by a diminished amount of meat; until by degrees the natural appetite or craving, if not further enlightenment on the subject, should lead to the selection of vegetables satisfactorily rich in protein.

The possibility of man's having abandoned in some countries his original vegetarian diet, the food of the nearest kindred lower animals, and changed his dietetic habits so completely, that many men in our part of the world have come to think meat indispensable, is by no means inconceivable. For the stomach itself, if undisturbed by mental repugnance (and the lowest savages are not fastidious) seems to be indifferent as to the primary source of the food it digests, provided only the chemical composition and physical texture be satisfactory. The custom in the south of India to feed horses with boiled meat, sheep's head, has been known from the time of Marco Polo; though he says they die off from eating cooked food. He and others also note that on the Arabian coast, horses, oxen, camels and sheep are fed with fish. According to Cuvier, the Norwegians feed cod-heads to their cows; and the Icelanders, cod-bones to their cattle. Many special instances have been observed in other countries, where vegetarian animals take to flesh food. It is likewise a common thing to see the carnivorous dog and cat fed on bread and milk, or purely vegetable food, and the dog eaten in China is fed on rice. It is not, there-

fore, altogether surprising that a portion of the human race should, as a matter of convenience, have taken to feeding upon flesh, notwithstanding that the naturally almost defenceless condition of primitive man, clearly indicates that he must, like the apes and other monkeys, have at first depended wholly or mainly on vegetable products for subsistence. After acquiring, unlike other less intelligent animals, the use of implements, and before he learned the arts of agriculture, he doubtless found flesh food to be in many cases the easiest to obtain, sometimes the only obtainable food, and gradually in that degraded, ultra-savage condition, he became even fond of its taste, and overcame any natural aversion or disgust at it. Nevertheless, as we have seen, a very large share, most likely more than half, of the human race, certainly hundreds of millions, still live almost exclusively upon vegetable food, with milk sometimes added, eating flesh, at most rarely, perhaps once or twice a year, if at all. That, too, without the least detriment to their muscular strength or mental power. Benjamin Franklin came to a like conclusion from his own experiments in vegetarian diet. It is true, that in some countries, meat-eating is a luxury enjoyed by the inhabitants in easier circumstances, and consequently seems to accompany, though not of itself occasioning, the greatest vigor of unstinted nourishment.

One certainly very valuable merit of a vegetable diet is its eradication, already mentioned, of the strong craving for alcoholic drinks which is apt to be created by the great excess of protein and fat in animal food.

Another not unimportant advantage of a vegetable diet appears to be the better preservation of the teeth. Particles of meat sticking between the teeth are apt to decompose readily, and setting up fermentation attack the enamel of the teeth and cause their decay. Particles of vegetable food are much less liable to that difficulty. Of course, good teeth are highly useful aids to good digestion.

It has been urged that human teeth, from their resemblance to those of distinctly carnivorous animals, indicate that men likewise should naturally eat meat. But, even if the resemblance were perfect, it should be remembered that the same form of teeth that appears suited to tearing or biting the muscles of prey also be well adapted for separating the fibres of vegetable coverings or leaves, or for biting the flesh of

fruits and roots, clearly a part, at least, of the natural food of man. We ought, therefore, not to be led astray by the mere names that have been given to certain forms of teeth. Though they are sometimes called carnivorous, they might perhaps better be called fibrivorous, or fibre, or flesh, tearing or biting, whether animal or vegetable fibre or flesh. Evidently, the important point is in the character or consistency of the material that is to be comminuted, rather than the fact of its being of animal or vegetable origin. The shape of the teeth is adapted to the texture of the food, whether for grinding seeds, crushing grass, gnawing nutshells, cutting flesh or tearing fibres apart; what difference does it make to the teeth whether the flesh or fibres be of vegetable or animal origin? The falsely suggestive name carnivorous teeth should be no argument for men's biting animal flesh or tearing animal fibres instead of the flesh and fibres of vegetable substances. There is, to be sure, some resemblance between human teeth and strictly carnivorous ones; but it is far from perfect, and hardly so much as that between the fibres or flesh of animals and those of plants.

It is not, however, merely the texture of the food that has to be considered; there is also the comparative chemical instability of the animal food. In consequence of this decisively important feature, the teeth of carnivorous animals are comparatively far apart and irregular in size; so that fibres may not stick between them and quickly cause their decay. The diversity of shape and the wide separation prevent the persistent sticking of particles of flesh food between the teeth, a difficulty that, from the easy and rapid decomposition of animal food, would lead to their early decay, and consequently to the eventual extermination of a race of animals subject to such a defect. There is, then, strongly corroborative and altogether cogent reason behind, when Gassendi (1592-1635) urges that the conformation of our teeth is not well adapted to a flesh diet; for carnivorous animals, lions, tigers, wolves, dogs, cats and others, have long, conical, sharp, uneven teeth with intervals between them, unlike the teeth of vegetarian animals, short, blunt, close together in even rows. The great zoologist Cuvier also argued that the natural food of man was vegetables, not only because his hands gave especial facility for gathering them, but because his short, but moderately strong jaws, on the one hand, and his canines only

equal in length to the other teeth, together with his tuberculated molars, on the other hand, would hardly enable him either to masticate herbage or to devour uncooked food. Monkeys, too, generally vegetarian (though some species are also insectivorous), have teeth like man's, as "Vegetarian Cookery" points out, only with the canine teeth usually much more developed than in man (as weapons of offence and defence, yet far inferior to the vegetarian elephant's tusk). Indeed, the canine tooth argument "proves too much" for the mixed diet.

It is also remarked that man's intestinal canal is not merely (as opponents have argued) six or seven times the length of his body, but twelve times the length of his spine, to compare him rightly with other animals; showing that he is properly adapted to fruit and grain eating, as in the case of monkeys.

It has lately been argued that a vegetarian diet cannot be so favorable to muscular strength as a meat diet, because the vast population of India, where a vegetarian diet prevails, is kept in subjection by a comparatively very small number of meat-eating Europeans. The argument is almost obviously fallacious; for it has been familiarly known for more than a hundred years past that "the battle is not to the strong alone, it is to the vigilant, the active and the brave." Indeed, ever since the invention of modern firearms, it is a matter of frequent remark that now the bodily strong and the weak are reduced to an equality. Clearly, it is modern firearms, and especially artillery, that have principally given Great Britain supremacy among the less enlightened inhabitants of India. Furthermore, there are other stringent reasons why the people of India cannot claim to have political power in anything like an equal degree with even a far less numerous body of Europeans. For the Hindoos are extremely disunited and sub-divided by subordinate principalities, and above all, by castes, which give them various inclinations, desires and aspirations, that greatly stand in the way of their combining forcibly against their foreign rulers, however general may be a certain amount of discontent and lack of appreciation of the peaceful and mainly humane and highly beneficial British sway. But, even if bodily weakness could justly be attributed to the Hindoos, there are causes much more probable than the vegetarian character of their diet. By far the greatest part of

the population is extremely poor, and the scantiness of their food might well have some effect upon their vigor. On the other hand, the richer part of the population are generally disposed to copy the too little enlightened practice of their ancestors for hundreds of years, to indulge in idleness and avoidance of muscular exertion, the only method of acquiring muscular strength. The neglect of abundant bodily exercise on account of the warmth of the climate is likely to have much more to do with the lack of muscular strength than the character of their food. It is even possible that the prevalent Hindoo custom of eating but one meal a day may have a greater tendency towards muscular weakness than the mere fact of the vegetable or animal origin of their nourishment. But after all, is it a fact that the Hindoos are deficient in muscular strength? It hardly seems so to one who has seen (as I have done with amazement) a Hindoo porter unconcernedly take a huge heavy box of luggage upon his back, and sturdily start off on a march of over a mile up hill; though his calves were so slender as to make his legs look almost like pipestems, very different from the bulky calves of the Chinese, of muscle of a different character. It is likely that few, if any, British officers could manage such a load, though fully capable of controlling a thousand European men. Military supremacy dependent on muscular strength, forsooth! If so, we must revive the old style Chinese custom of testing would-be generals in a somewhat acrobatic fashion.

As for the opinion of men the most competent to judge of the matter, "Vegetarian Cookery" cites a number of celebrated scientific naturalists, anthropologists, physiologists and the like who have declared that man seems to be better adapted to the vegetarian diet; for example, Linnaeus, Cuvier, Gassendi, Monboddo, the cautious Daubenton, Sir Everard Home, Ray, Bell and others; and further cites a number of famous philosophers and scholars who have also favored that diet; for instance, Pythagoras, Plutarch, Zeno, the stoic, Diogenes, the cynic, Plato, Epicurus, Proclus, Empedocles, Socion, Quintus Sextus, Apollonius Tyanaeus, Porphyry, and recently Ritson, Haller, Drs. Cheyne and Lambe, Newton, Shelley, Hufelend, the benevolent Howard, Swedenborg, Wesley and others.

The apparently better health of a small number of men is not conclusive evidence of the superiority of the vegetable diet; for it is difficult to know how much of the good health

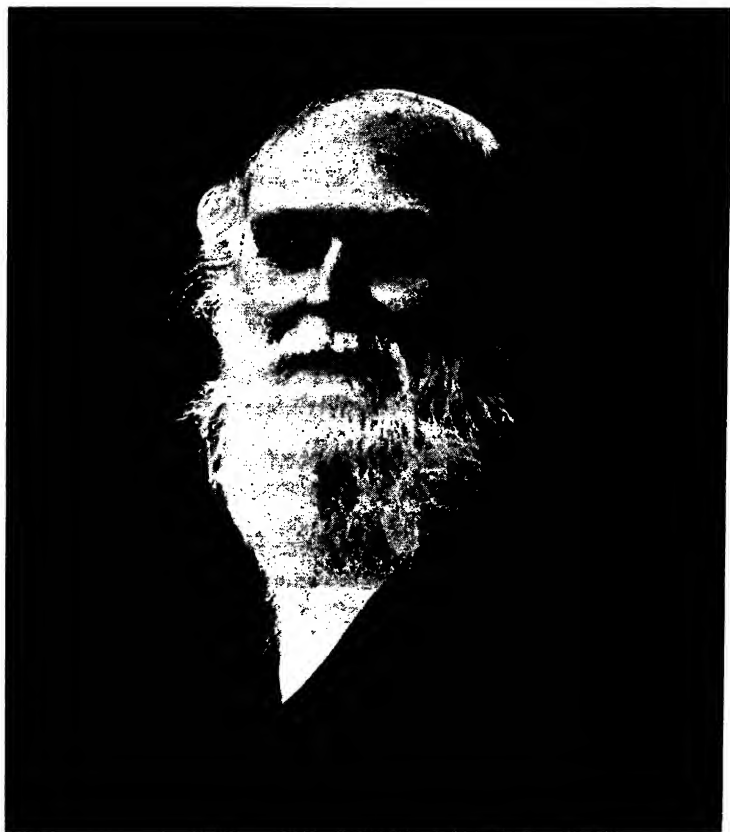
may come from personal idiosyncrasies of original bodily constitution, or early invigorating habits of life. Though hygienic laws are unquestionably valid, and in the case of their violation, even without malice, or through mere ignorance, inevitably punish by a tendency to shorten life, and are inexorable, inflexible, precisely alike for those who are in other respects adorable saints or detestable sinners; some oriental and medieval ascetics have shown a quite astounding tenacity of life under flagrant disregard of any such regulations or guidance. In indulgent life, too, there have been many famous instances of long continued neglect of health-giving rules. Demetrius, for instance, had the surprising vigor to bear a life of great excitement and debauchery until he was 54; and many others of iron constitution have continued less serious violations of the laws of health (such as more moderate nerve-tickling, lack of exercise, of bathing, of pure air, and the like) to a much greater age; making their emulous boon-companions ashamed, or unwilling, to betray inability to keep pace with their indiscreet indulgence. The penalties, too, are the more apt to be disregarded by any unreflective man, because in many cases they are not completely obvious consequences of the indiscretions, and not seldom are mainly deferred for years, and take the form of a decided shortening of life through increased vulnerability to attacks of diseases; and this effect may sometimes be attributed to mere original weakness of constitution—that is, probably to the ill-considered conduct or unfortunate environment of a previous generation. Satisfactorily to judge, then, of the good or bad effect of a vegetable diet in any particular case, it would be necessary to have some rather intimate knowledge of the strength or weakness of the experimenter's constitution, a rather hard matter to determine with precision for any individual. Perhaps as good a guide as any is the fact that the constitution is inherited from one's parents; and that all the children of the same two parents may be supposed to have, in general, very similar constitutions. It may, therefore, be worth while to adduce the result of the only vegetarian experiment where such facts are at hand. My trial of the vegetarian diet (regarded among relatives as dreadfully eccentric, and as flying in the face of the whole world's experience and judgment) has now lasted more than fifty-two years (since May, 1864); until latterly, it is true, far too gropingly, in the universally prevalent thick fog

of ignorance on the subject; but with general health, so far as directly or indirectly owing to the diet, on the whole markedly better than it probably would have been; with the lower teeth, all but one, yet serviceable and, with two or three exceptions, scarcely in the minutest degree unsound, and with the two or three defects, mostly very slight, all dating back more than sixty years, to meat-eating days; with no occasion to consult a dentist during fifty years; with life now decidedly longer than that of any sister or brother or either parent. It is a bitter thought that so simple and agreeable a method might have greatly prolonged their lives. But there is still hope for other relatives and friends. The vegetarian experiment is, so far, thoroughly satisfactory. Every additional year of life is now complacently received as clearly a direct reward for the diet. Some years ago, already, notwithstanding extremely depressing hard times, it proved possible safely to weather the commonly reputed dangerous cape of the grand climacteric, not only without becoming a sot, but, on the contrary, with absolutely no hankering for alcohol; and a pacific sea of mellow autumn appears to stretch beyond, where "every wave is charmed." The photograph at 81 shows vigor still after nearly 58 years of the diet.

It must, however, be borne in mind that, of course, this matter of vegetarian diet is, after all, by no means so important for health as a good circulation of blood maintained by abundant bodily exercise (especially needful when the natural, unstimulated heart pulsations are sluggish or feeble); for, with good judgment and the cravings encouraged and tempered by a good circulation, even a meat diet, despite its harmful temptations, may also be so balanced by other food as to give the stomach the proper chemical proportions necessary for good health.

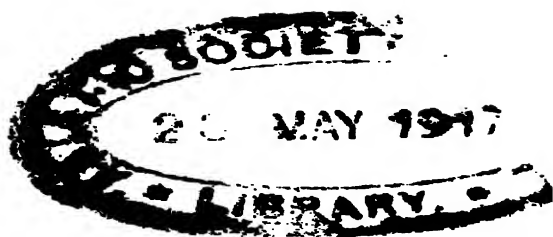
ECONOMICAL BENEFIT OF VEGETARIANISM.

The economical advantages of vegetarianism (aside from those of health and strength) must be of some importance, at least in the countries where it prevails; and doubtless help much towards its predominance through the greater part of the world. For it is clear that required nourishment may be obtained directly from vegetable food more cheaply than by means of first feeding animals from the same general source, fattening them, and then preparing their carcasses for human



F. Gutekunst

BENJAMIN SMITH LYMAN
AT 81, AFTER NEARLY 53 YEARS OF VEGETARIAN DIET



consumption. It has been estimated, flesh food costs, in that way, from two to twenty times as much as the equivalent vegetable food. Such saving, however, is in some measure lost in regions where a meat diet is the general rule, and completely holds sway over the kitchen and table. It is earnestly to be hoped that diffusion of the knowledge of the benefits of vegetarian diet and better acquaintance with the methods of preparing vegetarian dishes will make it easier to find these satisfactorily not only in private houses, but in hotels and restaurants.

SENTIMENTAL BEARINGS OF VEGETARIANISM.

In addition to the physical features that we have considered in comparing diets partly composed of animal foods, or wholly without them, the vegetarian question has occasionally from remote antiquity been thought to have moral and esthetic bearings, and has sometimes even been inseparably united with religion or superstition. From early times down to our own day we find in places and ages of especial refinement not only kindness towards fellow men and the absence of cannibalism, but humane feeling towards the lower animals, the desire to prevent treating them with cruelty or needless severity, and sometimes even a scrupulous, often religious, or superstitious, avoidance of killing them to eat; demonstrating, at the same time, on a large scale the possibility of healthfully and vigorously doing without such food.

The desire to avoid cruelty or to cause pain is sometimes probably even exaggerated; for it may not be realized that the lower animals, without language and logic (except, perhaps, of the most rudimentary kind), must necessarily be without reasoning power of "large discourse looking before and after," and must therefore be incapable of suffering from any thoughts or anticipation or imagination of death. The suffering they feel is only of immediate pain, and the fear taught by their experience of pain; which, to be sure, is the accompaniment of partial death, the annihilation of the vitality of a portion of the cells or combination of cells that compose their being. The cause of such pain might be avoided by painstaking anesthetic methods. Indeed, ordinary butchering is generally much less cruel than the results of the sport of thoughtless, unsympathetic huntsmen and fishermen. If it still be

argued that we have no right to take away the life of a lower animal, not merely its present life, but its possibly propagated life of indefinitely prolonged later generations of perhaps gradually rising scale, it could be answered that the same argument would apply (only in somewhat less strength) against taking the life of even brainless, nerveless insensitive plants, leaving nothing for men to live upon. It is (clearly) the law of nature that higher organisms, if they live at all, must live by destroying at least lower ones.

If animal food were, indeed, necessary to human health, it would doubtless be essential to man's nature to be able to take the lives of animals with equanimity, even though with some necessary infliction of pain; and it might then well be argued that compassion towards them must be weakness, a defect of character to be repressed, and to be replaced by conscious nerve, self-justifying hardihood in maintaining the undoubted superior right of human welfare over the inferior claims of the lower animals. Vigorous self-assertion, it would be said, should prevail rather than namby-pamby sentimentalism. But the very foundation of this argument is the necessity of animal food for the best human health; and it is just this premise that can most confidently be disputed. For it is clear that man must naturally and originally have been vegetarian, like his closest allies among the lower animals, and he doubtless became carnivorous only after having acquired the use of weapons. But, to this very day, as already remarked, probably more than half the human race is vegetarian, and a large part of the rest indulge in meat or fish-eating only exceptionally. It was particularly some savage races of northwestern Europe that habitually and largely ate meat; and, as we are descended from them, we are apt to entertain the erroneous thought that it is a universal practice and necessary for human vigor and strength. Our own tables and diagrams have shown us plainly that vegetable foods are not only amply sufficient for man's healthful nourishment, but that they are far better for that purpose than animal food. It can no longer be doubted that a vegetable diet is, not only altogether practicable, but originally natural for him.

Let us glance for a moment at the most enlightened feeling in various countries since early times in regard to slaying the lower animals. In China, for instance, the ancient home of refinement, Mencius, the Second Sage, long not quite duly

appreciated, but first accorded that rank a whole millennium after his death, the contemporary of Plato, Zeno, Epicurus, Demosthenes, and other great men of the western world, and (as Legge has pointed out) fully their peer, 2200 years ago, commending a petty king for tenderness of heart betrayed towards a sacrificial bullock, "kindness sufficient to reach to animals," thought the king therefore worthy to rule the empire; and said: "The superior man is so affected towards animals, that having seen them alive, he cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh. Therefore, he keeps his slaughter and cooking room far off."

Again, 1500 years ago, at the height of the vigor and refinement of the Indian Empire, Kalidasa, the Hindoo Shakespeare, in his enchanting drama *Sakuntala*, pointed out the gross inappropriateness of a love of hunting in a ruler, who should rather be the defender of the weak:

"Now, Heaven forbid this heartless barb should rage
 Within the tender body of a fawn,
 Like fire among a heap of lovely flowers:
 Can thy keen shafts no meeter quarry find
 Than the warm life-blood of a harmless deer?
 Haste back thy eager arrow to its quiver!
 A king should wield his arms to shield the weak,
 And not to agonize the innocent:"

and further on, he says, "How comes it, that hunting, which moralists reckon a vice, should be a virtue in the eyes of a king?" Indeed, the same absurd idea has been handed down to modern times, and the skill and energy required for the chase, with its health-giving activity in the midst of invigorating breezes and charming wilds, have gilded over what is, after all, in the main, unfeeling butchery, until it is accounted fit sport for lofty rulers and wealthy gentlemen. "It is a lovely morning; let's go and kill something!" As if forsooth, there were no other way to enjoy the charms of the wilderness, no other pursuits to draw one thither, and no other sufficient occasion there for the exercise of skill and energy! It is true that the hunting of wild game may be said to have a peculiar appropriateness to the primitive regal (or princely, or, in general, nobleman's) character, which is, at least in its origin, essentially based on self-assertion and a desire to

dominate others for selfish gratification (is it not just what we see in our modern political bosses?), and is, therefore, not apt to be too regardful of the interests of others. In fact, hunting beasts may be considered a comparatively mild and harmless diversion for those whose main occupation in reality is hunting men, not so much shielding the weak, as controlling and using them.

Once more, 600 years ago, we find similar evidence of refinement in Chaucer's description of his Prioress:

“Sche was so charitable and so pitous,
Sche wolde weepe if that sche sawe a mous
Caught in a trappe, if it were deed or bledde.”

It may be urged, that she was a lady and more nicely refined than a man would be expected to be, and that Chaucer implies that it was so in his time, rough as it was. But it must be admitted that in refinement women have always taken the lead, and that, as men become more enlightened, they follow after them in that respect, admitting them to be right.

In our own day, the general impression of the at best somewhat brutalizing effect of the butcher's trade is so fixed that, in some states, at least, he is not allowed to sit upon a jury in a trial for a capital crime. It is, nevertheless, true that butchers may in many ways appear to be excellent men, and to have many sterling qualities of brain and heart, and to be, in general, apparently no more unfeeling than many other men. You will see them not only kind to strangers and tender-hearted in their own families, but anxious to keep their little children from the sight of their own dreadful daily work. Habit, indeed, makes them blind to anything like fellow feeling for their victims, to any thought of humane liking for them, a feeling that must be repressed a hundred times, until it entirely disappears in view of the other wholly mistaken, but fixed, idea that necessity, and not mere habit, or indulgence of a perverted palate, compels the sacrifice. Perhaps some of them may in general appear no less humane than ordinary men, yet many others, through the very practice of preparing and eating meat, are likely to become more or less unfeeling; and it may well be questioned whether, in the now evident absence of any real necessity, it be not decidedly best to do away altogether with an occupation that seems to the unhabituated so revolting and horrid; and to say with Paul:

“ If meat make my brother to stumble, I will eat no flesh forevermore, lest I make my brother to stumble.”

“ Vegetarian Cookery ” comments with justice on the instinctive repulsiveness of meat, and the natural attractiveness of vegetables and fruits; and on our ostracism of “ butchers, whose very name we employ as a term of reproach.” One of them, however, with impulsive feeling said: “ I would it were penal to kill lambs; ” and another of them appreciatively said: “ The lamb, sir, dies harder than any other animal; it sobs like a child, when stuck with the knife, and continues so to do, as long as the blood flows, or any sign of life remains.”

The great Tolstoi Society in Russia carries so far its principle of preventing cruelty to animals, that not only is animal food not eaten, but leather is not used, and shoes are, instead, made of canvas.

In many countries and in many ages, religion, or superstition, has been invoked in support of what was doubtless, at bottom, a kindly desire to protect animals from cruelty, or from pain or death merely for the gratification of the palate. Already about 2400 years ago, the great Buddha is said to have compassionately given some of his own flesh to a hungry tiger (perhaps the tiger did not think it compassion); and the Buddhists established the principle that they should not kill animals for food, nor, indeed, for any purpose. Not content to indicate the weighty and doubtless really all-sufficient arguments from the terrible dangers incurred in the present natural life, they enforced the principle by the dogmatic assertion of other horrors that might follow in a succession of future lives, that were to be supernaturally entered upon in human or bestial form; not, to be sure, in another world, but in the amply sufficient present one. Moreover, an additional reason for kindness to animals was found in the possibility that the souls of the animals might have transmigrated from our own near human relatives or ancestors. Consequently every Buddhist priest even has his head closely shaven, so that no insects causing irritation there should run the risk of being killed by him, and so lead to his lasting damnation; especially if it should be the murder of transmigrated near relatives.

Again, as a matter of religion, the Carthusian monks of the Grande Chartreuse boast that they have not eaten meat for over 800 years. The practice there, however, seems to

have been based not on kindness to animals, but on supposed austerity, or at least the avoidance of anything like feasting, for which (with depraved appetites) meat was supposed to be used. Vegetables, too, were sparingly eaten. The healthy vigorous appearance of the active friars notwithstanding their long adherence to vegetarian practice, at least proves the possibility of living perfectly well without meat.

There are said to be two, or more, modern sects in America that avoid meat-eating from religious scruples based on Bible injunctions, or on a feeling of kindness towards animals. One vegetarian church in Philadelphia, called Bible Christians since 1809 (a name taken in 1815 by certain Methodists also), is an offshoot of the followers of Swedenborg, that remarkable man (as well as eminent mining engineer and pioneer of modern geology), who was himself a vegetarian for nearly thirty years, from the time of his enlightenment, or "illumination," until his death. They not only adopt his practice, but insist upon the clearly expressed divine command as recorded in Genesis, I, 29: "I have given you every herb yielding seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." The Seventh Day Adventists also preach abstinence from flesh-eating.

It is probable that there are many men to whom the very idea of eating the flesh of either animals or of other men, is distasteful or even revolting for sufficiently convincing reasons, aside from merely unattractive flavor. I have seen an ingenuous youth quite unable to join the rest of the family in eating of the flesh of his pet rabbit, notwithstanding their surprised and almost jeering solicitation. It may well be that a less degree of the same kindly feeling may diminish the enjoyment of such food for others. In my youthful peregrinations, at a certain railroad-restaurant in France, some small game-birds were brought to the table with their heads tucked rather naturally under their wings. At the sight, a young lady present exclaimed: Poor creatures! ("Pauvres bêtes!"), yet went on with the meal. Much as if at a cannibal's table, you should perceive among the viands, a pretty boy's head and face, and should pause an instant to say: "Poor little devil!" and then, bravely pulling yourself together, should go on merrily with the feast, avoiding more notice that would convince your cannibal host you were a wishy-washy, downright

weak-minded milksop quite unfitted for practical life. Clearly, a similar feeling in regard to the lower animals has the same foundation and reason; and it is not a very long step from cannibalism to eating the flesh of any animal. But, in general, with the change of aspect in cooking, or in preparation before cooking, there is little to remind most flesh-eaters, or cooks, of the living animal, or of the shocking and more or less debasing actions and repulsive processes by which alone food can be brought from the open pasture to the kitchen and table.

Even sportsmen, accustomed to the sight of wild animals have their senses totally blunted to any feeling of fellowship or brotherhood with them, especially with subaqueous animals. Thus, Izaak Walton, the apostle of angling (than which, he says, "God never did make a more calm, quiet, innocent recreation"), tells how to use a live frog for bait, putting the hook through his mouth and out at his gills, and sewing the upper part of his leg with one stitch to the arming-wire of the hook, or tying the leg above the upper joint to the wire; "and in so doing, use him as though you loved him, that is, harm him as little as you may possibly, that he may live the longer" in his misery. The witty and humane Lord Byron, on the contrary, speaks of

—"Angling, too, that solitary vice,
Whatever Izaak Walton sings or says;
The quaint, old, cruel coxcomb in his gullet
Should have a hook, and a small trout to pull it;"

adding: "It would have taught him humanity at least. This sentimental savage (whom it is a mode to quote, amongst the novelists, to show their sympathy for innocent sports and old songs) teaches how to sew up frogs, and break their legs by way of experiment, in addition to the art of angling, the cruellest, the coldest, and stupidest of pretended sports. They talk about the beauties of nature, but the angler merely thinks of his dish of fish; he has no leisure to take his eyes from off the streams, and a single bite is worth to him more than all the scenery around. . . . The whale, the shark and the tunny fishery have somewhat of noble and perilous in them; even net-fishing, trawling, &c., are more humane and useful—but angling! No angler can be a good man."—Byron also quotes

"the courtly Chesterfield's" query; "if men ever hunted twice."

It may well be insisted that the gentler mutual friendliness and affection felt towards one's own race, and consequently reaching to the lower animals, is in the main far more important for the protection and perpetuation of mankind, than the habit of more or less ferocious self-assertion, that seeks the individual's own benefit, regardless of the good of others. Of course, if animal food were really necessary, or the most healthful for us, we should have to make the best of it, notwithstanding all its distasteful features. We should, in that case, teach ourselves to repel indignantly any soft-hearted compunction at the liquid eye of the surprised and wondering guileless deer, or of the helpless domestic victim; and should school ourselves, as best we might, to the really hopeless task of doing away with the manifold cruelty and disgusting, unhygienic methods of almost every step from the broad western summer cattle-ranges (let us not think of the dreadful, starving and freezing winter ranges of the northwest!) by the thirsty and hungry cattle-car, the crowded stockyard, the noisome slaughter-house, the malodorous market, the questionable kitchen, to the elegant dinner-table. But, even at the best, the eye must be carefully kept blind and the heart callous to many a painful, unappetizing and even nauseating feature of the viand's history. It may well be questioned, to say the least, whether such disciplined fortitude and disregard of the tenderer feelings and of hygienic (not merely fastidious) cleanliness would on the whole (in spite of any possible momentary advantages to the individual) be, what is chiefly important, permanently better for the race, and more conducive to success in its severe (yet, in the long run extremely beneficial and in the highest degree, morality-encouraging) struggle, for existence and advancement. It may be doubted whether such rugged harshness and neglect of refinement would in the main be more favorable to the growth of a character of even-handed, or somewhat indulgent, justice, and to the moderation of excessive selfishness, conditions so essential to the perpetuation and prosperity of man. But, at any rate, it is clear that such approach to the attractions of savage life is not by any means necessary for health and vigor.

SUMMARY.

To sum up, then, we have seen that man's average food, leaving water out of account, consists of about one-sixth protein, one-seventh fat, two-thirds carbohydrates and one-twentieth ash; with a larger quantity of food of the same composition for harder work, and rather more protein for active growth; that vegetable foods on the average have almost precisely that average composition, while animal-foods have an enormous excess of protein and of fat and a great deficiency of carbohydrates; that with a few vegetables, or a vast number of combinations of several vegetable foods, with or without dairy products, it is easy to obtain the desirable average diet-composition, but that it is comparatively difficult readily to counterbalance properly the prodigious unfitness of the animal food; that vegetarians desire, in part, vegetables rich in protein, while meat-eaters seek, rather, those poor in protein; that the instinctive desire to counterbalance the excess of protein in meat creates a harmful craving for alcohol; that vegetable foods are undoubtedly all-sufficient for man's sustenance, and, in fact, must have been the sole food of primitive man, as they generally are of the nearest allied lower animals, and form to-day (with milk) the diet of probably more than half the human race, besides practically that of hundreds of millions more; that there is at least equal health and strength of body and mind from the vegetable diet, and two or three times greater power of endurance; that, indeed, in cycling and foot-racing, vegetarians have repeatedly won the record; that among the lower animals vegetarian ones are the strongest; that flesh-eating may even be in some degree positively and directly injurious to the health; and at any rate is disgusting, from the necessary presence of poisonous decomposing organic, in reality excrementitious matter, and often of diseased flesh, animal parasites and bacteria; that the superior vigor of western Europeans and Americans, if really superior, comes rather from more abundant food than from its animal character; that vegetable food is more favorable for the preservation of the teeth; that the so-called carnivorous teeth are merely for fibres, whether of animals or vegetables; that the really carnivorous teeth, are long, sharp, uneven, with intervals between, unlike our short, blunt teeth close together in even rows; that the monkeys, our nearest

allies are generally vegetarian, and have teeth like ours, only with the canine teeth much more developed, as weapons; that the author's own trial of the vegetarian diet during more than fifty years has proved to be not only healthful and invigorating but agreeable; that the diet is also economical; the unquestionable sufficiency of the vegetable diet removes all necessity for butchering animals for food; that from early times to the present day, many of the wisest, most enlightened and refined men have opposed the common practice of killing animals for food, and some very populous sects have insisted on religious, or superstitious, avoidance of the practice, either from kindness reaching to animals, or from fancied austerity (really admiration of simple life and abhorrence of mere self-indulgent nerve-tickling); that such kindness is a highly important feature of human nature and essential for the preservation of the race, and does away first with cannibalism, and later by degrees with animal slaughter for food, discredits hunting and angling for sport, and strengthens the otherwise clear proof that flesh-eating is a harmful, as well as needless, relic of savagery.

VEGETARIAN DISHES

GENERAL PRINCIPLES.

Let us consider in a general way the methods of preparation and the materials of vegetarian dishes.

METHODS IN GENERAL.

The application of heat in many cases makes food more easily digestible, and therefore more palatable; and at the same time kills dangerous germs and parasites. The heat, to be sure, coagulates and hardens albumen, but in general lessens the cohesion of the raw food, softens it, and to some extent disintegrates it, particularly if water, having entered the cells, boils, and causes them to burst. Thereby, the food becomes more permeable to the digestive liquids, which otherwise might with difficulty dissolve the albuminoid envelope of the cells. Moreover, heat, especially with water, makes the starch partially soluble. In the case of meat, the quick application at first of strong heat tends to coagulate the albumen on the surface, and to make it therefore the better retain the juices within. That object is attained in broiling, with heat closely applied to a small article; and in roasting, with a large object exposed to a strong heat, but with free access of air. In baking, however, the heat is generally less at the beginning and stronger afterwards, a less satisfactory method for meat, and the vapors from the cooking, unable to escape, are detrimental to the flavor, if not to the digestibility of the result. In boiling, if the food be first soaked in cold water, the albumen is thereby partly dissolved, the cells on heating are apt to burst, and the juice and flavor tend to enter the water; with a result satisfactory for soups and vegetables, but injurious to meat, which rather needs to be put into water already boiling so as to coagulate the albumen of the surface and retain the juices. In stewing with water in a closed vessel, the cooking is slow, a method highly satisfactory for vegetables, and making even poorer qualities of meat soft, tender and digestible, and drawing out nourishment from the very bones. Frying is heating with fat; either dry, with a

thin film of the fat on a hot iron, as a griddle-cake; or fully immersed in the fat, using a temperature of nearly or quite 400 degrees, neither hot enough for charring, nor cool enough to make soggy, with care not to chill by putting in too many things. Buckmaster, in his article on "Cookery" in the "Encyclopædia Britannica," 1878, says that "everything fried in fat should be placed on bibulous paper, to absorb any fat on the surfaces." The Hindoo curry is made first with briefly frying in butter, or oil, and then immediately stewing in water, a method well suited not only for vegetables, but for retaining the juices and flavor of meat. As to the cooking of vegetables, a very skillful French cook, the late Madame Landouzy, of Philadelphia, whose house was the headquarters of the French culinary experts of the whole region, used to say: "The secret of cooking vegetables well is to cook them slowly for a long time;" but possibly there are some exceptions, and, among them, perhaps, leafy vegetables. Of keen observation and sound judgment, she had become particularly acquainted with that branch of the art in her younger years, while, with her mother at Dôle, France, they lived, like so many in France, chiefly on vegetables, and took pains to contrive many appetizing methods of preparing them. Woods and Snyder ("United States Agriculture Bulletin 249") say of cereals that "long, slow cooking is better, as it breaks down the crude fibre, and changes the starch to soluble forms, without materially decreasing the solubility of the protein."

But judiciously combining different materials is perhaps, on the whole hardly less important than heat for helping to make food suitably nourishing as well as palatable and digestible. The French are the most adroit people of the whole world not only in so cooking a viand, by broiling, roasting, baking, stewing or frying, as to make it most digestible and to bring out its best flavor, but in enhancing, with nice discrimination, its own good qualities by the addition of appropriate flavoring, seasoning, thickening, fragrance or aroma, and other accompaniments, frequently even with a tasteful regard for the appearance to the eye. Each viand so prepared is in itself a work of art, to be enjoyed by itself, and not to be mingled indiscriminately on one plate with whatever else has been separately produced; and the piquancy and accentuated variety of each flavor distinct by itself is sometimes more attractive than a somewhat confused, uniform,

unvarying commingling of several flavors. If two viands go particularly well together (that is, tend in combination to bring about the chemical composition of the model diet, the average diet of all mankind), they may be served together, one as a garnish, subordinate to the other, not only improving it in flavor, but at the same time ornamenting it and giving it a more important appearance. The problem is:

“What choice to choose for delicacy best,
 What order, so contrived as not to mix
 Tastes not well joined, inelegant, but bring
 Taste after taste upheld with kindest change;”

(Milton's *Paradise Lost*, V: 333-336.)

not forgetting, however, that it is, at bottom, the correctness of the chemical adaptation of the dishes to nutrition that really whets the taste. Again, if several viands are (with the same chemical end in view) to be commingled, they are cooked or prepared together, as in the hotchpot, or the pot-au-feu, or in some soups, stews, chowders, curries and salads. The Germans seem habitually to add several flavoring vegetables to the main one. The principal chemical elements and flavors, as well as the skillfully added subordinate ones, become by such methods uniformly diffused throughout the whole dish, and tend to make it resemble the ambrosia (*amrita*) of the Hindoo gods, which is said to have “the taste of all in it.” The importance of this uniform diffusion is illustrated by the necessity of properly seasoning during the cooking, and in a degree justifies “the Great Vatel's” traditional suicide at seeing somebody put salt into the soup. It may, however, have been put in merely by somebody who had an inordinate, unwholesome fondness for salt. Otherwise, the cook had committed a grave error, though by no means so heinous and irremediable a fault as inadvertently putting in twice the proper amount of salt. No one, indeed, can become, or be, a good cook without insuring against oversight by tasting what has been prepared, to see that it is right, and in time to correct its defects. One should, at the same time, endeavor to acquire nicety of discrimination in regard to flavors as well as carefully to observe and remember the apparent cause of least variations in taste.

Often, a palatable, digestible and satisfactorily nourishing combination or commingling of different elements is ef-

fectured by means of a sauce, after separate cooking. The multitude of French sauces are mostly for the purpose of adding butter or oil, along with some subordinate flavoring, to the main viand; and such sauces would be particularly appropriate for the numerous vegetables that are themselves deficient in fatty matter. In China and Japan the sauce called soy, largely used as the foundation of Worcestershire sauce, Harvey's sauce and perhaps other English sauces, is made from beans, and has (in dry composition—neglecting the water) a large proportion of protein, the nitrogenous, muscle-building component of food; and would, therefore, be a useful and agreeable accompaniment to roots and a few other vegetables, that are somewhat deficient in that component. The same might be said of mushroom catchup; and, in a less degree, of walnut, catchup, and, still slightly less, of tomato catchup.

The French remark, that English cooking (from which our American cooking is mainly derived) is little varied, with few dishes, chiefly roast meats, with some fried or boiled fish, and very few vegetables, which are cooked in water with nothing but salt; that the English white sauce is made merely of water and flour; and that, to season and vary the taste of those dishes, sauces are bought ready made at groceries; such as Harvey sauce for cold meats, mushroom catchup for steaks and chops, anchovy sauce for flavoring white sauces, lemon sauce wherever lemon juice might be used. The English evidently eat a smaller proportion of vegetables than the French do. In 1881, at the first-class table of a renowned British line of steamers in the East, the only vegetables, day after day, were potatoes and cabbage; but, now, competition has made a great change, and the vegetables on steamers of the same line are more varied, and the cooking good, apparently under French supervision. With a strong preponderance of meat in the diet, and consequently an excess of fat already, it is perhaps quite natural that the white sauce should be made only of water and flour without the addition of butter. The great excess of protein and fat taken with their meat leads the English and Americans to crave counterbalancing sweet dishes, puddings, preserves and cakes, for dessert, or in another meal, in larger proportion and greater variety than is customary in France.

It may be thought that cravings alone, hitherto practically the only guide, would fully suffice for the selection of food and

for determining proper proportions in a diet; because agreeable combinations, pleasing to the palate, may really be considered as suited to our instinctive taste from the very fact that they contain the needed nutritive elements. But we must reflect that our present natural instinct in such matters is, under our pampered modern conditions, much blunted, compared with its original keenness in the primitive days of the inexorable, yet (for the race) salutary, sway of purely natural selection, when the violation of its inflexible laws resulted in the speedy extirpation of the offender, not to be coddled along for many years, and enabled to propagate his corrupted tastes through several gradually declining generations. It is, indeed, to be feared that in these really pitiable tobacco, tea and coffee days, these ages of the open and even religiously encouraged devotion to the individual's "pursuit of happiness" (generally understood as pleasure), the majority, if only guided by cravings, would be likely to vote for sybaritic, immediate and momentary self-indulgence in perhaps grossly depraved appetites, at the cost of the sound, eventually permanent and racial welfare of perfect health, with its incomparably higher and more precious enjoyments, the rich substance behind mere outward tempting, tinsel display.

Cookery books, taking cravings alone as their principal guide, have hitherto been written almost exclusively with reference to the gratification of the palate; and in doing so have not been without the support of some strong reasons. For the uncontaminated instinctive taste and preference indicated by the palate are doubtless good signs of what is wholesome and beneficial nourishment. Yet in many cases the habit of individuals, or the fashion set by relatives and friends, leads the instinct astray, and prevents the natural choice of the palate, so far as to occasion the eating of food injurious to the health. It is well, therefore, to guard against the uncertainty of the indications of mere liking by a consideration of the chemical composition of the different articles of food, the best guide to their real nutritive value. Even Kitchiner, the renowned author of the "Cook's Oracle," written with especial reference to pleasing the palate, speaks with commendation of "the rational epicure who makes nourishment the main end of eating." The nutritive value of a food, of a dish, or of a combination of dishes, or a meal, should therefore be

constantly borne in mind, while preparing and selecting receipts for a cookery book.

In general, then, a careful consideration of the chemical composition of the foods must be very helpful towards attaining the desired proportions of the model, or ideal, diet, the average diet of all mankind, by means of counterbalancing an excess in one direction by an excess in another, either in a separate meal, or in another part of one meal; or, perhaps still better by combining articles in one dish, so as to effect the right proportion. Such well balanced dishes are particularly agreeable and satisfying, not creating a craving or thirst for some other counterbalancing dish. It is one advantage of a vegetable diet that the extremes of such undesirable inequalities of composition are less excessive than in the case of all flesh-foods, and are, therefore, much less harmful and far more easily counterbalanced and corrected. The satisfactory combining and balancing of the chemical components of a dish have hitherto been accomplished by repeated trial and careful, keen perception of the immediate and subsequent results of each experiment. By means of the tables of the composition of different foods, the end aimed at may more easily and surely be reached; and, at least, gross errors may be avoided, like a certain beginner's bold experiment of adding sweet fruit to a vegetable curry, with an outrageously mawkish effect.

KINDS OF VEGETARIAN FOODS.

As the composition of vegetable foods is, then, their most important characteristic, and is the best guide to their treatment and combination with one another, let us, in the main, classify and group the dishes to be described, not according to the cooking methods (sauces, soups, boiled, fried, stewed, roasted and the like), but to the character of the articles cooked; in general, according to their composition, and more particularly to their physiological character, since this usually decides the methods of preparation. The sauces will be found mostly under the preparations made chiefly with butter or oil; the soups and stews will be found among the vegetables, the salads mostly among the leafy vegetables. Where several vegetables are cooked together without special prominence to one of them, the dish will be found towards the end of the

smaller or larger group containing those vegetables. Of course, the alphabetical index will be a ready guide to find any particular vegetable or dish.

The order of arrangement of the groups and within the groups will be according to the percentage of protein, proceeding from the richest in protein to the poorest. We shall begin, therefore, with eggs, and next take up milk and dairy products; including both those groups also, because many with vegetarian leanings yet adhere not only to milk but to eggs, which are free from some of the important objections to meat, and may readily be taken in such small quantities as not seriously to overbalance the proper proportion of protein and fat.

EGGS.

Many who mainly live on vegetable food are yet willing, at least occasionally, to eat eggs, especially during the transition period of abandoning a meat diet, before being well aware how to select properly nourishing vegetables. For, to many, eggs seem, on various grounds, less objectionable than meat; though to some, if not all, they are not altogether wholesome, but too constipating. In our western world, hen's eggs are found preferable to others, and are practically the only ones eaten; but in China duck eggs are more highly esteemed, and that, too, when the eggs are many weeks old. Owing to the more or less frequent use of hen's eggs even in an otherwise mainly vegetarian diet, methods of preparing or cooking them will be described in the present work.

Our general table shows that hen's eggs contain, aside from water, these percentages: protein, 56.2; fat, 39.9; ash, 3.9. It is evident, then, that the protein and fat are both greatly in excess of what a model diet needs, and that the ash is of very moderate amount, and the carbohydrates are wholly lacking. It is, indeed, material for forming all the muscle and fuel of the young chick; not, as our model diet, for replacing merely the muscle as it wears away, and supplying the fuel required for active work. As food, then, eggs should be combined or associated with other foods that, like all vegetable products, are less excessive in protein, and, like all of them except the nuts, less rich in fat. Eggs are cooked either by themselves, or are combined with other materials in thickening sauces or dishes, or as enrichment of cakes and the like.

MILK AND DAIRY PRODUCTS.

Milk and dairy products seem to almost every vegetarian an unobjectionable and highly acceptable addition to purely vegetable foods, and they are accordingly to be included in making up our assemblage of dishes. Agreeable as they may be to our early mammalian nursing and long inherited tastes, they certainly cannot be considered wholly necessary articles of food; for, in Japan, milk and its derivative products were, forty years ago, practically altogether lacking, and yet were not missed; and milk even seriously disagreed with unaccustomed adults. Of course, babies really need food of a different chemical composition from what an adult requires; for they must rapidly form new muscles, and not merely replace what is worn out by use. Their food, then, should apparently be richer in protein than what is needful to grown men. Moreover we shall see that there is a wholly satisfactory, in some respects a better, vegetable substitute (terralac) for milk, of practically identical composition.

Whole milk, as seen in our table, contains (disregarding water) about one-half more protein than a model diet requires, and twice as much fat as such a diet, and about as much ash as the average of all foods; leaving not much more than half the requirement of carbohydrates. Milk, then, goes well with foods that are deficient in fat, somewhat deficient in protein, and abounding in carbohydrates. Butter is almost pure fat, and can be used to supply its lack in other foods. Cheese, on the other hand, contains more than twice as much protein and more than three times as much fat as a model diet requires; and carbohydrates are almost wholly lacking. It can, therefore, supply the protein and fat that other articles of food lack; and may either be cooked in the same dish with such articles, or be eaten separately, or in association with them.

VEGETABLES.

The vegetables proper may satisfactorily be divided into seven groups, according to their physiological character; and there is in general, within each group, much resemblance in composition, as well as consequently in the methods of cooking or preparation for the table, and in their sauces or association with one another. The groups and the percentages

of the dry composition of their members, and their means, are shown, so far as information is at hand, in the following table:

	Protein	Fat	Carbo- hydrates	Ash
1. SHOOTS.				
Asparagus	30.3	4.1	54.5	11.1
Mushroom	29.4	3.4	57.1	10.1
Mean	29.9	3.7	55.8	10.6
2. PULSE.				
Soy bean, dried (Abel)	38.1	18.8	37.8	5.3
Peanut, dried	28.4	42.5	26.9	2.2
Lentil, dried (Abel)	28.1	1.1	64.6	6.2
Cowpea, shelled (Abel)	27.6	1.7	66.6	4.1
Green pea, shelled	27.6	2.0	66.5	3.9
Peas, dried	27.2	1.1	68.5	3.2
Navy bean, dried	25.7	2.1	68.2	4.0
Cowpea, dried	24.6	1.6	69.9	3.9
Frijol, dried (Abel)	23.7	1.4	70.4	4.6
Kidney bean, shelled (Abel)	22.9	1.4	70.8	4.9
Lima bean, shelled	22.5	2.2	69.9	5.4
Asparagus bean, whole pods (Abel)	22.4	2.5	69.1	6.0
String-bean (Abel)	21.3	2.8	68.5	7.4
Lima-bean, dried (Abel)	20.3	1.6	73.5	4.6
Sugar pea, or string pea (Abel) .	18.7	2.2	75.3	3.8
Chick pea dried (Abel)	14.6	7.8	74.3	3.3
Carob bean, St. John's bread, dried (Abel)	7.0	1.5	88.6	2.9
Mean	23.6	5.5	66.5	4.4
3. LEAVES.				
Spinach	27.3	3.9	41.5	27.3
Lettuce	22.2	4.4	55.6	17.8
Celery	20.4	2.3	59.1	18.2
Cabbage	19.2	1.7	66.8	12.3
Mean of 4	22.3	3.1	55.7	18.9
Rhubarb (leaf-stem)	11.7	11.8	64.7	11.8
Mean of 5	20.2	4.8	57.5	17.5
4. HERBACEOUS FRUITS.				
Banana (Encyc. Brit.)	18.5	2.4	76.1	3.0
Eggplant	16.2	4.4	72.3	7.1
Tomato	15.8	7.0	68.4	8.8
Okra	15.8	3.2	75.1	5.9
Mean	16.6	4.2	73.0	6.2

5. UNRIPE CEREALS.

Greencorn, fresh (Wiley)	18.5	2.2	76.7	2.6
Greencorn	12.6	4.5	80.1	2.8
Mean	15.5	3.4	78.4	2.7

6. GOURDS.

	Protein	Fat	Carbo- hydrates	Ash
Cucumber	17.9	5.1	66.7	10.3
Pumpkin	13.8	1.8	74.3	10.1
Squash	12.0	3.4	77.7	6.9
Mean	14.6	3.4	72.9	9.1

7. ROOTS.

Radish, edible portion, doubtful (Wiley)	15.9	4.9	70.7	8.5
Beet	13.0	1.0	77.0	9.0
Onion	12.6	2.7	80.2	4.5
Turnip	12.3	1.4	78.1	8.2
Potato	10.3	0.6	84.5	4.6
Carrot	10.0	3.7	77.4	8.9
Parsnip	9.6	2.9	79.4	8.1
Jerusalem-artichoke	6.9	0.8	87.1	5.2
Sweet potato	5.7	2.4	88.3	3.6
Mean	10.7	2.3	80.3	6.7

Each group comprises, besides those tabulated, also a number of other vegetables that are in use, and their composition is supposed not to differ greatly from the mean of each respective group. The canned vegetables and succotash are omitted from this table, as not giving the composition of single vegetables unsophisticated by any additions. Peanuts are sometimes placed among the nuts, to which their composition closely allies them, instead of under pulse, to which however, they botanically belong, and with which they are included in our table.

It is noticeable at a glance that all of the roots and the pumpkin, squash, Atwater's greencorn and rhubarb, have too little of the muscle-building protein, the nitrogenous component, to form by themselves a satisfactory food. But all the shoots, pulse, leaves (except rhubarb) and Wiley's greencorn have a considerable surplus of protein beyond what is required for a model diet, and can be associated with any of those vegetables that have an insufficient amount of protein, in order to give the whole diet a wholly suitable proportion.

It is likewise clear that all the vegetables and especially the roots and pulse, and the gourds, too, are decidedly deficient in the proportion of fat found desirable in any popular diet. The deficiency can readily be made good by the addition of nuts, so rich in fat: or by butter, or the several palatable vegetable oils, either separately, or in cooking, or in a sauce or a salad dressing. It is plain that such reasons and not mere flavor, lie at the foundation of many of the culinary methods of combining ingredients, and associating vegetables or dishes. But the flavor, too, is pleasing, when the instinctive craving for each kind of nourishment in its due proportion is correctly satisfied. The table further shows that all the leaves have an inordinate amount of ash, and the shoots and the cucumber and pumpkin a rather large amount of ash, and the herbaceous fruits and the squash a fully large amount of it, but all kinds of pulse a small amount of ash. Of course, the larger the amount of ash, the higher becomes the proportion of any given percentage of protein to the other (in equal degree less large) ingredients; for example, the tomato and okra having the same percentage of protein, but the tomato more ash, the protein bears a higher composition to the fat and carbohydrates in the tomato than in the okra.

NUTS.

The percentage dry composition of twenty-two nuts is shown in the following table:

NUTS.	Protein	Fat	Carbo- hydrates	Ash
Pine nut, <i>Pinus sabiniana</i> (Wiley)	29.6	56.6	8.8	5.0
Butternut	29.2	63.9	3.8	3.1
Black walnut	28.5	57.7	11.8	2.0
Almonds, European (Wiley)	25.0	56.4	15.3	3.3
Beechnut, European (Wiley)	23.9	46.6	25.2	4.3
Pistachio nut (Wiley)	23.3	56.4	17.0	3.3
Beechnut, American (Wiley) ...	22.8	59.8	13.7	3.7
Chocolate (Payen)	22.2	57.8	15.6	4.4
Almonds (California)	22.0	57.7	18.2	2.1
Brazil nut	18.0	70.5	7.3	4.2
English walnut	16.9	65.0	16.6	1.5
Filbert	16.3	67.9	13.4	2.4
Hickory nut	15.9	70.1	11.8	2.2
Pifion nut, <i>Pinus edulis</i>	15.1	64.1	17.8	3.0
Chocolate	14.7	51.8	31.2	2.3
Pecan, polished	11.5	73.3	13.7	1.5

	Protein	Fat	Carbo- hydrates	Ash
Chestnut, fresh	11.3	9.7	76.6	2.4
Chestnut, dried	11.3	7.4	78.9	2.4
Acorn (Wiley)	8.4	39.0	50.0	2.6
Pine nut, <i>Pinus monophylla</i> (Wiley)	6.8	63.1	27.2	2.9
Coconut	6.6	58.9	32.5	2.0
Coconut, prepared	6.5	59.5	32.6	1.4
Mean	17.5	55.2	24.5	2.8

The nuts have on the average, a larger percentage of protein, the nitrogenous, muscle-building element, than is required for the model human diet, and have a very small percentage of ash; but have, for vegetable foods, a very unusual proportion of fatty matter, and consequently a small share of carbohydrates. Acorns, monophylla pinenuts and coconuts alone have a very much smaller percentage of protein than the mean of all these nuts; and in addition, only piñon nuts, Atwood's chocolate, pecans and chestnuts have decidedly less protein than the model diet requires. The richness of nuts in fat, with, at the same time, a good amount of protein and little ash, make them highly suitable for mixture in a dish, or association in a diet, with vegetables, cereals and fruits, all very poor in fat, and the cereals also rather poor in protein, so as to bring about a satisfactory mean of the whole food. Accordingly, we see nuts eaten, not only by themselves, but mixed with sugar in taffy and other sweetmeats and in cake. When cooked, it is generally only by baking or roasting, though walnuts, chestnuts, and probably other nuts sometimes occur in soups, stews and sweetmeats or pickles.

CEREALS.

The percentage dry composition of thirty-two cereals, including a few preparations from them, is shown in the following table:

CEREALS.

Oat breakfast food	18.1	7.9	7.7	2.3
Oat flour, mean of a number (Wiley)	16.8	8.1	73.2	1.9
Wheat flour, low grade	15.9	2.2	80.9	1.0
Whole wheat bread	15.7	1.5	80.7	2.1
Entire wheat flour	15.6	2.1	81.2	1.1

	Protein	Fat	Carbo- hydrates	Ash
Oats hulled, mean of 179 analyses (Wiley)	15.4	8.7	73.6	2.3
Wild rice (Woods & Snyder)	15.2	1.0	82.0	1.8
Graham flour	15.0	2.5	80.5	2.0
Macaroni, spaghetti, vermicelli ' and Italian paste	14.9	1.0	82.6	1.5
White bread	14.2	2.0	82.1	1.7
Rye bread	14.0	0.9	82.8	2.3
Barley, whole grain (Woods & Snyder)	13.9	2.0	81.4	2.7
Graham bread	13.9	2.8	81.0	2.3
Rye, mean of many hundred analyses (Wiley)	13.7	1.7	82.5	2.1
Wheat average of all kinds (Wiley)	13.7	2.0	82.3	2.0
Wheat breakfast food	13.4	2.0	83.2	1.4
Kafir corn meal (Woods & Sny- der)	13.3	0.6	83.6	2.5
Oyster crackers	11.9	11.0	74.1	3.0
Barley, flaked, steam-cooked (Woods & Snyder)	11.6	0.9	86.5	1.0
Maize, typical, or average (Wiley) ..	11.2	4.7	82.4	1.7
Buckwheat, coarse flour (Wiley) ..	11.0	2.7	84.6	1.7
Corn meal	10.5	2.2	86.2	1.1
Cream crackers	10.4	13.0	74.8	1.8
Soda crackers	10.4	9.7	77.7	2.2
Buckwheat, fine flour (Wiley) ..	9.9	1.8	86.2	2.1
Barley, pearled (Woods & Snyder) ..	9.6	1.2	87.9	1.3
Brown bread	9.6	3.2	83.5	3.7
Rice	9.1	0.3	90.1	0.5
Maize flour, degerminated (Wiley) ..	8.2	1.5	89.6	0.7
Cake	7.9	11.2	79.0	1.9
Rye flour	7.8	1.0	90.4	0.8
Buckwheat flour	7.4	1.4	90.2	1.0
Mean	12.5	3.6	82.1	1.8

The cereals average remarkably little ash and little fat, and a very high percentage of carbohydrates, yet a good amount (an average of 12.5 per cent.) of protein; oats have even more protein than what is needful for the model diet, and wheat, about enough. The lack of fat is readily supplied by butter, or some of the several palatable vegetable oils, or by a combination with nuts, which we have seen to be so rich in fat. The cereals are commonly too dry and hard to

be eaten raw, but are cooked in many ways, as bread, hard or soft, macaroni, porridge, mush, hominy, puddings and the like. Unripe maize is succulent enough to be used as a vegetable. It is possible that palatable dishes might be made from other unripe cereals; though the difficulty of removing the outer integuments might be too great.

TREE-FRUITS, BERRIES AND MELONS.

The percentage dry composition of twenty-one tree-fruits, berries and melons is shown in the following table:

TREE FRUITS, BERRIES AND MELONS.	Protein	Fat	Carbo- hydrates	Ash
Raspberry (Wiley)	10.7	6.3	79.2	3.8
Strawberry	9.9	6.6	76.9	6.6
Blackberry (Wiley)	9.5	7.3	79.6	3.6
Lemon	9.3	6.7	78.7	5.3
Raspberry	7.1	...	88.7	4.2
Apricot	6.7	1.4	88.5	3.4
Watermelon	6.5	3.2	87.1	3.2
Orange	6.3	1.0	88.5	4.2
Muskmelon	5.8	...	88.5	5.7
Grape	5.8	7.1	84.7	2.4
Alligator pear, avocado (Wiley) .	5.3	54.0	36.0	4.7
Fig	5.3	0.4	91.4	2.9
Pear	3.6	2.9	89.7	3.8
Cranberry (Wiley)	3.6	5.4	89.2	1.8
Lychee (Wiley)	3.5	0.4	94.5	1.6
Huckleberry (Wiley)	3.3	3.3	91.7	1.7
Raisin	3.0	3.9	89.1	4.0
Apple	2.6	2.6	92.3	2.5
Date	2.5	3.3	92.6	1.6
Persimmon	2.4	2.1	92.9	2.6
Apple, dried	2.2	3.1	91.9	2.8
Mean	5.5	5.8	85.3	3.4

The fruits, berries and melons, as readily seen in the table, are very deficient in protein, or muscle-building, nitrogenous material, and in fat, and generally in ash. In a diet or dish, then, they are to be associated principally with foods that have an excess of protein and fat beyond what the model requires; and are, therefore, particularly acceptable to any one who eats meat, so greatly superabounding in protein and

fat. They are made yet more capable of counterbalancing the deficiencies of meat by combining them with sugar in preserves and jellies.

VEGETABLE PRODUCTS.

There are, besides, several vegetable products, chiefly segregations of particular, chemically simple substances, oils or carbohydrates, that are useful as foods; such as gelatine made from seaweeds, edible oils, sago, tapioca, arrowroot and sugar.

A general view of the classes of natural vegetable foods shows, then, that (leaving water out of account) shoots, containing the vigor of the whole plant, are rich in protein and therefore hearty food; pulse, the next richest; herbaceous fruits, nuts, cereals and gourds, next, with mainly about the requisite proportion for an ideal food; roots, next; and tree fruits, berries and melons, least of all. Of them all, the nuts alone are rich in fat; and the rest are very rich in carbohydrates.

PRACTICAL DETAILS.

The instructions here to be given for the preparation of dishes will be in great part taken from the French, mainly from "La Bonne Cuisine," by E. Dumont, 2d Edition, published about 1875. It is very full and clear in its description of the whole process of cooking a dish, so that even beginners succeed easily the first time. It is a merit that is perhaps common to all French cookery books, but seems to be lacking in many American ones, where the ingredients of a dish are apt to be given briefly, and the cook is supposed to know already how to proceed with them. "La Cuisinière de la Campagne et de la Ville," by L. E. Audot, in 1901, in its 79th edition, a publishing prodigy for France, has also been consulted, as well as one or two other French books and a considerable number of Franco-American and American ones (especially Miss Maria Parloa's "Bulletin 256 of the United States Agriculture Department," on the "Preparation of Vegetables for the Table"); so that the result is really a compilation far more than original, though with a new and, it is hoped, not altogether chaotic, arrangement. Indeed, it would be arrant presumption for one unhappily in practice so ignorant of the art to undertake an

original work on the subject. The different paragraphs that are substantially taken from the French will be marked at the end ("Fr.") and those from American books, or English, with their author's names. The intention is to lean towards the plain, elementary and time-honored dishes, such as are altogether indispensable to any woman, and worthy of at least the attention and acquaintance of every man. Miss Parloa, high authority, says, the simpler the methods, the better; and we shall consider them, rather than the elaborate, fanciful, and novel ones, which the practitioner may indulge in, and devise, after thoroughly acquiring the rudiments. It is also desired to show that cooking may be satisfactorily accomplished without the help of animal accessories (for instance, lard and animal gelatine) that are obviously disgusting either in themselves or in their origin, and therefore apt to be unwholesome.

Other nations, though less skilful than the French in cooking, have their special meritorious and appetizing vegetarian dishes, well worthy of introduction into our kitchens, and capable of most agreeably adding much to the variety of our repasts. The Italians have their risotto and other dishes, and the Spaniards and Spanish-Americans have savory dishes almost unknown to us. The Hindoos, who cook well, have their excellent vegetable curries. The Chinese are good cooks, though less narrow in their choice of animal foods than we westerners are (yet their edible dog is fed on rice, and the tales of their eating rats are said to be founded merely on occasional practice in the utmost poverty); and doubtless we could greatly benefit by adopting some of their vegetable dishes. The Chinese and Japanese make a highly digestible and nourishing white curd from beans; and it might probably be very advantageously produced in western countries, and could perhaps be made more palatable to us than it is in its simplest condition in the Far East, as in some of its forms it is already delectable. The Armenians have delicious curds and other dishes made with milk. It is very desirable that these foreign vegetable dishes should be received among us without any foolish prejudice against them as novelties. They would toothsome further vary our already considerable repertory of wholesome, palatable and nourishing dishes. A few of the strange dishes will herein be described, but no doubt many more are to be found in the numerous practically vegetarian countries.

Extreme precision in the proportion of ingredients in any cooking compound is not to be expected; for the sense of taste is not so exacting, or so unvarying in different individuals, and the chemical composition of the ingredients is not generally so rigorously known, nor so uniform, as to make such excessive nicety of proportion worth while; nor, moreover, does the stomach care for it. It is, therefore, usually not necessary to weigh out the solid ingredients with scales, or to measure the liquids with a graduated glass; but it may be taken roughly that:

40 drops make 1 teaspoonful.

60 drops make 1 dessertspoonful.

80 drops make 1 tablespoonful.

8 tablespoonfuls make 1 gill.

4 gills make 1 pint.

8 gills make 1 quart.

1 wineglassful makes $\frac{1}{2}$ gill, or 2 liquid ounces.

1 teacupful, or 1 after-dinner coffeecupful, makes 1 gill, or 4 liquid ounces.

1 tumblerful, or 1 common cupful, makes 2 gills, or $\frac{1}{2}$ pint.

Of butter:

1 walnut-size piece ($1\frac{1}{4}$ cubic inches) weighs about 1 ounce.

$\frac{1}{2}$ gill, or 1 egg-size piece, weighs about 2 ounces.

1 gill weighs about 4 ounces, or $\frac{1}{4}$ pound.

1 cupful (2 gills) weighs about $\frac{1}{2}$ pound (scant).

Of granulated sugar:

1 cupful weighs about 8 ounces, or $\frac{1}{2}$ pound.

1 pint weighs about 1 pound (scant).

Of wheat flour:

1 cupful ($\frac{1}{2}$ pint) weighs about 4 ounces, or $\frac{1}{4}$ pound.

1 quart weighs about 1 pound.

The meat of 10 average eggs weighs about 1 pound, it is said.

A hot oven means one that is heated to 450 degrees; "quick," 400; "moderate," 350; "steady," 300, and "slow," 250.

By one not the possessor of a thermometer the degree of heat can be tested with a piece of white paper. If, when left in the oven for three minutes with the door shut, it should turn a good chocolate brown, the oven is "hot;" if a cigar brown, it is "quick;" if yellowish brown, it is "moderate," if yellow, "slow." If it should burn, the oven is too hot for any kind of cooking; if it does not color at all, it is too cold for anything. (*Philadelphia Ledger.*)

FOODS OF ANIMAL ORIGIN.

EGGS.

Take preferably hens' eggs; they are more delicate. The size is of little consequence; but, above all, they should be very fresh. In buying them, make sure of their freshness by holding them up to the light; if they do not let any light pass through, do not buy them. Mistrust them especially in winter; when eggs are dear, hens do not lay, and eggs kept over from the summer are apt to be offered for sale. You must, further, examine the eggs, when you break them, before putting them into any preparation; for they may look good and yet have a bad taste. Examine them one by one, and do not mix them in, until you are certain of their perfect quality; a single bad egg spoils a whole dish. (Fr.)

KEEPING EGGS.—Eggs keep fresh a long time in cold water, sometimes having still their milk at the end of ten or twelve days, if put into fresh water as soon as laid, changing the water from time to time. The milk of eggs is the sign of the greatest freshness; for the white cooked clear has the milky look only in eggs of the same day. But to keep eggs for the winter, a method requiring less time and care must be used. They are sometimes in the country kept buried in ashes; but in a town house it is better to use lime-water; put into about four gallons of water (more or less, according to the number of your eggs) two or three big lumps of quick-lime, and let them soak a week, stirring them every day. Place the eggs in earthen jars or in casks; fill up with the lime-water, without stirring it beforehand, nor using the undissolved sediment. Cover them up, and put them in a cool place. There should be at least two or three inches of water above the eggs. Do not take out the eggs, except as you need to use them; and remove them with very clean utensils. Do not replace those you have touched. (Fr.)—Liquid glass (silicate of soda), bought at the druggist's, is used for preserving eggs. The eggs are put into a stone crock; liquid glass is poured in, like water, until it closes the mouth of the crock. The air with its germs is thereby kept out; and when the eggs are needed, they can be dipped up with a ladle. (Philadelphia *Ledger*.)—The eggs may simply be coated with the liquid glass; and as, after drying, it is not soluble again,

it makes the egg-shell proof against germs and waterproof. Another way is to dip the eggs for three seconds into boiling water containing five pounds of brown sugar to the gallon; thereby, a thin skin of hard albumen forms (from the heat) inside the shell, and the sugar seals the outer pores. The eggs are dried and cooled on trays, and then packed in bran mixed with half its bulk of charcoal; and, it is said, keep unaltered for six months. (*Philadelphia Bulletin.*)—Of late years, vast quantities of eggs are kept many months in cold storage.

An easy and, it is said, efficient method of preserving eggs is to wash them in clean cold water, and then butter, and put them in a cool place. They will keep for virtually any length of time. The cheapest oleomargarine may be used, and only about one ounce to fifty eggs is necessary. Eggs treated in this way, it is said, can be sent from the Antipodes and arrive fit for the most fastidious appetite. (*Philadelphia Ledger.*)

In American cities, some 95 per cent. of the eggs used at New Year's have been kept in storage from the previous April. The very thin coating of mucilaginous matter that protects a fresh-laid egg from atmospheric action, wears off during storage, exposing to the air minute pores in the shell and allowing microbes to enter and cause the yolk to ferment. A storage egg has a shine or gloss on the shell. Large dealers simply store the eggs in a room kept at freezing temperature, about 32 degrees. Smaller dealers often pack eggs in lime, salt or straw; but the natural flavor suffers. Eggs are skillfully tested by holding them towards an electric light. If the light seen through the shell is unclouded and even, the yolk is fit to eat; but a shrunken, partly incubated yolk shows its upper edge to the experienced eye by a thin discolored, almost imperceptible line inside the shell. It is said that the method is infallible, and that an expert can tell how many months old the egg is. Many packed eggs crack, on account of a little gas that all eggs are said to contain; but immediately after breaking are used for omelets at hotels and restaurants. Bakers claim that packed eggs do not beat up well for cakes or frosting. Eggs frozen during shipment in extremely cold weather, can with proper care and moderate temperature be restored, but with some loss of flavor and a softening of the yolk. (*Philadelphia Ledger.*) The bright-light testers of eggs briefly name three classes of them: good

eggs, "spots" and "rots." The "spots" are used by confectioners in making sweet cakes.

PREPARATION FOR EATING.—Eggs are eaten raw, boiled, poached, scrambled, and as an omelet, and as custards and merangs.

RAW EGGS.—Raw eggs are quite digestible, and may either be sucked from the shell in the manner proverbially known to everybody's grandmother, or may be broken into a glass, and swallowed with a little sherry, which supplies some of the carbohydrate that is lacking to the egg as a model food.

EGGNOG.—Break a raw egg into a tumbler; add some spirit, say, whisky, or brandy, more or less, according to taste, and two or three lumps of white sugar; fill up with milk. Cover the tumbler with strong, glazed writing paper, folding it down tightly around the edge of the glass; over the paper carefully place a clean napkin, and twist it tightly below the bottom of the glass, and hold it there firmly. Then shake the glass up and down until the lumps of sugar are no longer heard to rattle. On removing the napkin and paper, the egg-nog will be found thoroughly mixed and somewhat foamy, ready to drink. Of course, the same ingredients may be mixed in a more commonplace manner, with nearly the same result.

HEATED EGGS.—Put an egg into boiling water just taken from the fire; in five minutes it will be cooked, and with the white less solid, compact and "heavy," or indigestible, than if kept boiling. The same result is attained by putting the egg into cold water, and removing it as soon as the water has begun to boil. If it be desired to cook the egg still more, a fresh quantity of boiling water may be taken to replace the cooled water.

EGGS IN THE SHELL.—When the water boils with big bubbles, put the eggs in, with care not to break them; let them cook three minutes in summer, three minutes and a half in winter; take them out quickly, and serve them up in a napkin folded so as to keep them warm. (Fr.)

SOFT EGGS.—Cook in the same way as eggs in the shell, but a little longer, four minutes. Put the eggs into cold water, remove the shell, and serve up with whatever garnish you please. (Fr.)

HARD EGGS.—Are cooked like eggs in the shell, but let them cook nine or ten minutes. (Fr.)

HARD EGGS FOR SALAD.—Boil the eggs hard, remove the shell, cut them in round slices, put them in a salad bowl, place upon them parsley and scallion, both chopped fine, or chervil, tarragon, scallion, burnet and the like, all chopped fine. Season with salt, pepper, oil, vinegar, like an ordinary salad. (Fr.)

POACHED EGGS.—Choose very fresh eggs. Three-quarters fill with water a saucepan that is not too deep; put in a little salt and vinegar. When the water begins to boil, break the eggs into it one after another, with great care and as close to the water as possible; so that the eggs do not fall too far, nor the yolk break. Do not put in too many at a time; so that they may not stick to one another. It is better to put in too few than too many, even if you must do the poaching several times. Let the eggs cook, but without boiling in great bubbles, four or five minutes at most. The yolk should continue clear. Poaching requires much care and dexterity. Poached eggs can be served up on a white sauce, either Parisian or Norman; or on a sorrel mash; or on a tomato sauce. (Fr.)

FRIED EGGS.—Fried eggs require much care, to be well fried and very uniform. You can hardly fry more than one at a time, unless you have a dish, or a frying-pan, with a series of depressions capable of holding a soup-ladle. If you have to prepare a large number of eggs cook them one by one in an iron dipper, which you consecrate to this use. Put into the dipper, or into each depression of the frying-pan, some butter as large as an English walnut, or a spoonful of oil; heat it well; break into it an egg, cook it two minutes; turn the egg, and let it cook a minute; serve up. Fried eggs are very good. (Fr.)

BLACK-BUTTER EGGS.—Put into a frying-pan a good piece of butter; let it brown to a dark chestnut color; break the eggs into it with great care; sprinkle with salt and pepper. Cook five or six minutes; let the eggs slide into a dish; pour the butter upon them; serve up. The white must be solid, and the yolk as liquid as possible. A dash of vinegar goes pretty well with these eggs; warm the vinegar in the frying-pan where you cooked the eggs, and pour it on the eggs. (Fr.)

EGGS WITH WHITE SAUCE.—Boil some eggs hard, or boil them soft; remove the shell, and serve up on a Parisian or Norman white sauce acidulated with sorrel. If the eggs are hard, they can be cut in two. Sprinkle with parsley chopped fine, if you like it. (Fr.)

EGGS WITH SORREL.—Boil some eggs hard, or soft; remove the shell, and serve up on a sorrel mash (p. 181). If the eggs are hard they can be cut in two. (Fr.)

EGGS WITH BECHAMEL SAUCE.—Boil the eggs hard; remove the shell; cut them in slices; put them into a béchamel sauce (p. 121); warm, and serve up. (Fr.)

EGGS IN TRIPE FASHION.—Brown some butter; put into it a good quantity of onions cut in thin round slices (one medium-sized onion for two eggs). When the onion has taken a fine color, add to it some hard-boiled eggs cut in round slices and some milk, mixed with a pinch of flour; put in salt and pepper; simmer a quarter of an hour, and serve up. At the moment of serving up, some add a little mustard. (Fr.)

MIRROR EGGS.—Spread a little butter on a dish that will bear the fire; break the eggs upon it, with care not to burst the yolks; arrange from place to place on the eggs small bits of butter as large as filberts, and also, if you have it, very small piles of cream; sprinkle with salt, pepper and a little nutmeg, if you like it. Cook with fire above and below. Serve up, when the white has about set. The yolk should be as liquid as possible. (Fr.)

MIRROR EGGS WITH ASPARAGUS.—Take some small green asparagus, cut the tender part in small bits like peas; cook them a quarter of an hour in boiling water; put them into a saucepan with butter, salt and pepper, a spoonful of water, and sprinkle with a little flour; pass them over the fire; put them into the bottom of the dish in which you wish to serve them up; break upon them the eggs, which you season with salt and pepper, and on which you place here and there bits of butter as large as filberts, and even a little cream. Cook with fire above and below. (Fr.)

EGGS WITH FINE HERBS.—Put into a saucepan a piece of butter mixed with finely chopped parsley, cibol, scallion (or shallot); a spoonful of flour; melt, and mix the whole well

together; add half a cupful of water and two spoonfuls of brandy; season with salt and pepper. Simmer five or six minutes. Upon this sauce serve up hard boiled eggs, soft eggs, or even poached eggs. (Fr.)

SCRAMBLED EGGS.—Put some eggs on a dish with butter, salt and pepper, beat and mix them well; put upon a rather quick fire, stirring all the time, and lifting up layers with a fork, wherever the mixture sets. Crush the layers; and serve up. It takes very little time to cook the eggs in this way, and the dish must be taken from the fire before the cooking is complete for as the dish is very hot, the eggs will continue to cook after removal from the fire. (Fr.)

SCRAMBLED EGGS WITH CHEESE.—Before putting the eggs on the fire, thoroughly mix with them a certain quantity of grated cheese; a quarter of a pound is enough for twelve eggs. (Fr.)

SCRAMBLED EGGS WITH TRUFFLES.—A small truffle is enough for six eggs. Wash it well; chop up the peel, and cut the truffle in small thin slices no broader than the end of your little finger; brown slightly in some butter with salt and pepper; cool down; mix with the eggs; cook like ordinary scrambled eggs. (Fr.)

SCRAMBLED EGGS WITH MUSHROOMS.—For six eggs, pick over, and wash eight or ten mushrooms; cut them in pieces; brown them slightly with butter, salt and pepper; let them cool; mix them with the eggs, and cook them like ordinary scrambled eggs. (Fr.)

SCRAMBLED EGGS WITH ASPARAGUS TIPS.—For six eggs take a dozen small green asparagus shoots; cut their tender part into small bits as large as green peas; cook them a quarter of an hour over a gentle fire with butter, salt and pepper and a very little water. Let them cool, mix them with the eggs; cook them like ordinary scrambled eggs. The asparagus can be replaced by the new shoots of briers, or of hops, arranged and prepared in the same way as the asparagus. (Fr.)

STUFFED EGGS.—For six persons, six eggs. Boil them hard; remove the shell; cut them in two, in either direction, as you please. Take out the yolks, and crush them with a quarter of a pound of butter, a little bread soaked in milk, very finely

chopped parsley and scallion, salt, pepper, mixing the whole well together. With this stuffing fill the halves of the whites heaping full. Butter a dish, or pic-plate, sprinkle with finely chopped fine herbs, with a little of the stuffing, with salt and pepper; add a little cream, if you like it; upon this layer set out the stuffed half-eggs; put into a very hot oven, or a Dutch oven. Serve up of a fine golden color. (Fr.)

PLAIN OMELET.—For six persons, eight eggs. Break them into an earthen pan, a soup tureen, or a salad bowl; add fine salt and pepper; beat well. In a frying-pan over a quick fire melt a quarter of a pound of butter; let it brown slightly; when it is quite hot and of a fine color, pour into it the eggs prepared as just described; cook with a rather quick fire, taking care to lift up with a fork those portions where the omelet seems to take too much color, and run the risk of burning below; so that the upper part of the eggs, which consequently would cook too little, may pass below. When the omelet begins to reach the desirable point of cooking, leave it one or two seconds undisturbed; take the frying-pan from the fire; make sure with the fork whether the omelet sticks to the pan; let it half slide upon the dish, and fold it over. An omelet to be delicate, should not be too much cooked, nor soft; more or less, of course according to taste. The handle of the omelet frying-pan should be short. It is well to have a special pan to use only for omelets, and never scour it, but only wash it with boiling water; in that way, the omelets do not stick to it. This plain omelet can be served up on a sorrel mash, on chopped lettuce or chicory, on a tomato sauce, and the like. (Fr.)

OMELET WITH FINE HERBS.—Add to the eggs broken, mixed and seasoned for a plain omelet, very finely chopped parsley and scallion. Cook in the same way as the plain omelet. (Fr.)

OMELET WITH ASPARAGUS TIPS.—For six persons, six eggs. Take a dozen small green asparagus shoots; cut their tender part in small bits as large as green peas; cook them a quarter of an hour over a gentle fire, with butter, salt, pepper, a spoonful of water, and mix them with eggs prepared as for a plain omelet. Cook in the same way as a plain omelet. (Fr.)

OMELET WITH MUSHROOMS.—For six persons, six eggs. Take twelve or fifteen fine mushrooms; pick them over, wash

them, cut them in pieces; slightly brown them in a sauce-pan with butter, fine herbs chopped fine, salt and pepper; let them cool, and mix them with eggs prepared as for a plain omelet. Cook in the same way as the plain omelet. (Fr.)

ANOTHER WAY.—Make a plain omelet; when it has been cooked and folded on the dish, slip into the middle of it the mushrooms cooked beforehand with butter, fine herbs, salt and pepper. (Fr.)

OMELET WITH MORELS.—For six persons, six eggs. Take seven or eight morels; pick them over, wash them, cut them in pieces; slightly brown them in a sauce-pan with butter, salt and pepper; and one or two spoonfuls of water; simmer a quarter of an hour; let them cool, and mix them with the eggs prepared as for a plain omelet. Cook in the same way as a plain omelet (Fr.)

ANOTHER WAY.—Make a plain omelet; when it has been cooked and folded on the dish, slip into the middle of it the morels cooked beforehand with butter, salt and pepper. (Fr.)

OMELET WITH TRUFFLES.—For six persons, six eggs. One small truffle is enough. Wash it well, chop up its peel and cut the truffle into small thin slices no broader than the end of your little finger. Slightly brown it in butter with salt and pepper; let it cool; mix it with the eggs prepared as for a plain omelet. Cook in the same way as a plain omelet. (Fr.)

ANOTHER WAY.—Make a plain omelet; when it has been cooked and folded on the dish, slip into the middle of it a small quantity of stewed truffles. (Fr.)

OMELET WITH ONION.—For six persons, eight eggs. Cut in very thin round slices two medium-sized onions; slightly brown, and cook of a fine color in a frying-pan with a piece of butter half as large as an egg; let them cool a little; mix with the eggs prepared for a plain omelet. Cook in the same way as a plain omelet. (Fr.)

FROTHY OMELET.—For six persons, six eggs. Break the eggs, putting the whites in one dish and the yolks in another. Beat the whites to froth, and mix them with the yolks; season with pepper and salt, and beat the whole together. Cook like a plain omelet. This omelet has the advantage of appearing

more bulky; but cooking it requires more watchfulness, as it easily burns. It can also be made with fine herbs. (Fr.)

SUGAR OMELET.—For six persons, six eggs. Break the eggs, putting the whites in one dish and the yolks in another; beat the whites a little; add to the yolks two spoonfuls of powdered sugar and a little salt; beat well; mix the whites and the yolks; cook like a plain omelet. When the omelet is cooked, sprinkle it with powdered sugar. Slide it upon a dish, fold it over, and sprinkle it again with sugar, over which you pass a red hot shovel. Serve up warm. (Fr.)

RUM OMELET.—Make the sugar omelet just described; fold it over; sprinkle it abundantly with sugar; pour upon it half a cupful of rum; set fire to it at the moment of presenting it on the table. (Fr.)

PRESERVE OMELET, OR CELESTINE OMELET.—For six persons, six eggs. Break, and beat the eggs with a spoonful of powdered sugar and a little salt. Cook like a plain omelet, but much thinner, not thicker than a quarter-dollar. If the frying-pan is too small for thinness enough, make several omelets. This omelet, like most sweet ones, should be more cooked than other omelets. When it has been cooked and folded on the dish, garnish the middle with plum marmalade, or even currant jelly. (Fr.)

PUFFED OMELET.—For six persons, five eggs. Break the eggs, putting the whites in one dish and the yolks in another. Mix the yolks with five spoonfuls of powdered sugar, a little strip, as long as your finger, of lemon-zest, or a little powdered vanilla, mix and beat well together. Beat the whites to a very stiff froth. Quickly mix the whites and yolks; pour them upon a thin dish that can bear the fire, having put in the bottom of the dish some butter as large as a filbert; put it into a very hot oven for eight or ten minutes. Serve it up sprinkled with powdered sugar. This dish is one of the most delicate and least costly of all the city cooking; only, it must be made with great care, and quickly served up, for it cannot wait, it falls away. It can be made with more whites than yolks without losing its delicacy; and that allows of cooking it in a completely flat dish, as the whites hold themselves up better than the yolks.

BAKED WATER-CUSTARD.—For six persons, seven eggs, a pint of water. Put into a saucepan a pint of water, a scant quarter-pound of sugar; a little strip of lemon-zest, or some vanilla as large as your little finger, or, again, a tablespoonful of orangeflower water. Boil ten minutes with a small fire; let cool. Break the eggs, putting the whites apart. Beat well the seven yolks and one white; mix them with the cool sweet liquid. Strain through a sieve, or a very fine strainer; put into a dish, or into little cream-jars. Let them brown in a hot oven. The pieces of vanilla can be used three times, but the third time they should be split open; and when they have been used, they should be washed in cold water, dried and laid aside. (Fr.)

BAKED MILK-CUSTARD.—For six persons, six eggs, a pint of milk, (or terralac). Put into a sauce-pan the pint of milk with a scant quarter-pound of sugar, a little pinch of salt, some vanilla as large as your finger, or a spoonful of orangeflower water, or, again, a leaf of cherry-laurel. When it boils, take it from the fire, and let it cool. Break the eggs; beat them well, whites and yolks together, mix them well with the cooled milk; put the liquid into a dish, or small cream-jars; brown them in a hot oven. (Fr.)

BOILED CUSTARD.—Beat eight eggs very light, omitting the whites of four. Mix them gradually with a quart of cold milk (or terralac) and a quarter of a pound of sugar. Put the mixture into a saucepan with a bunch of peach leaves, a handful of broken peach kernels, a bitter almond, the yellow peel of a lemon, and a handful of broken cinnamon; or you may boil in it a vanilla bean. Set it on hot coals, and simmer it slowly, stirring it all the time. As soon as it comes to a boil, take it immediately off the fire, or (if milk has been used) it will curdle, and be lumpy. Then strain it; add eight or ten drops of oil of lemon, and put it into glass cups. You may lay in the bottom of each cup a macaroon soaked in wine. Grate nutmeg over the top, and send it to the table cold. Eat it with tarts or sweetmeats. Another way of boiling custard is to put the mixture into a pitcher. Set it in a vessel of boiling water, place it on hot coals or in a stove, and let it boil slowly, stirring all the time. (Leslie.)

SNOW-BALL CUSTARD.—For six persons, six eggs. Put on the fire a pint of milk (or terralac) with a quarter-pound of

sugar, a piece of vanilla as long as your finger, or two spoonfuls of orangeflower water. While the milk is coming to a boil, separate the whites and the yolks of the six eggs. Beat the whites to a froth; they should be quite stiff and completely detached from the salad bowl they are beaten in. Always beat the eggs in a cool place, or they will not succeed well. Beat with a wire beater, or a fork. When the milk begins to boil, let fall into it with a brisk thrust a portion of the beaten whites, which you have taken with a tablespoon, and of which you have with a knife regularly rounded the top; let fall of such portions as much of the whites as the surface of the milk can bear; after an instant, turn them, let them cook a little more, take them out with a skimmer, and place on the dish in which you are to present them at the table. When all the whites have been cooked, take the milk from the fire, add the milk that has drained into the dish from the whites; let it cool. Beat the yolks, that you have put aside. Mix them with the milk, which should be almost completely cold; put upon the fire again, and stir, until this cream becomes somewhat thick; pour into the dish where you have put the cooked whites, but with care, so that the whites floating on the cream shall keep white. (Fr.)

CUSTARD PIE.—Beat four eggs without separating, and add the foam as fast as it rises, to one quart of rich new milk (or terralac); sweeten to your taste; add a saltspoonful of salt; fill two already baked paste shells with the custard; bake until the custard is solid; serve up the same day, but cold—a hot custard is a poor pie—flavor, if you like, with nutmeg, vanilla, bitter almond, or lemon. (Haskell.)

SAMBAYONE CREAM.—For eight or ten persons, take six very fresh eggs, a cupful, or half a pint, of rum, a quarter-pound of powdered sugar. Separate the whites of the eggs from the yolks; put the yolks, sugar and rum into a saucepan, mix them well together; turn them with a wooden spoon over a quick fire, until the mixture begins to thicken; take from the fire, as otherwise the mixture would turn; add the six whites beaten to froth, mix the whole well, and pour into cups. The rum can be replaced by Madeira wine or by good white wine; but the cream so flavored is decidedly less agreeable. If Madeira or white wine be used, add to the mixture a pinch of powdered cinnamon. (Fr.)

COMMON MERANGS.—For twenty-four merangs, beat six whites of eggs to a very stiff froth, add six good spoonfuls of very finely powdered sugar; fill a spoon with this mixture, and with a quick shake let the mixture fall upon a sheet of rather thick paper; in that way make twenty-four little oval heaps, far enough apart to spread to double their size; sprinkle with powdered sugar, and put into a very gentle oven; for merangs change color easily, and to be properly cooked, they must stay very long in the oven; remove from the paper and serve up on a round lacework paper. (Fr.)

MERANGS WITH CREAM, PRESERVES AND THE LIKE.—Hollow out common merangs a little below; fill them, at the moment of serving up, with whipped Chantilly cream, or pastry cream, or Bavarian cheese, or preserves, or vanilla, chocolate, or other ice creams. Stick two merangs so filled, one against the other; using twenty-four common merangs for twelve merangs so filled. Another, perhaps more common method is, for twelve merangs, to make twenty-four common merangs in the way already described; only, when they have but slightly changed color in the oven, take them out, pass a spoon under them, and push in the uncooked part, then put them into the mouth of the oven, and let them finish cooking and drying. Let them cool, and, at the moment of serving up, fill them, as before described, with cream or preserve. This kind of merangs—but unfilled, you understand—can be kept a long time in a dry closet. (Fr.)

WHITE-OF-EGG MACAROONS.—Beat some whites of eggs to a very stiff froth; add to it, for each white of egg, two good spoonfuls of sugar and a teaspoonful of almonds chopped very fine, or of rose petals, or orangeflower petals, cut very fine with scissors; mix them well. Let the mixture fall upon paper in drops as big as a filbert, spread well apart, for they will spread out to twice their bulk; put them into an oven that is not too hot, so that they will dry, rather than cook. These little macaroons can be kept several months, if they are shut up in tin boxes, and put in a dry place. (Fr.)

EGG SAUCE.—Beat the yolks of three eggs very light. Froth a cupful of cream, and stir it into the eggs, sweeten to suit the taste. This is a good sauce for rice; flavoring can be added. (Haskell.)

DAIRY PRODUCTS.

MILK AND CREAM.

Milk is the liquid that issues from the cow's udder. Sweet-cream, or floweret (*fleurette*), is what rises to the top after the milk has stood some hours; a thick unctuous liquid; but the milk deprived of its floweret becomes much less savory and delicate. Sour-cream (*crème*) is the thick part that forms upon milk that has been allowed to curdle in an airy place in the summer, or in a warm place in the winter. Floweret in one or two days becomes sour-cream. It is with sour-cream that butter is made. What remains of the milk, when the sour-cream has been removed is, in the South, called clabber or *bonnyclabber*. It is a little acid. It is an excellent refreshing drink in the heat of summer. It can also be drained in a fine linen cloth, and eaten with salt, or with sour-cream and sugar; and is sold at Paris as white cheese. Sour-cream is excellent to eat. When whipped, it makes the dessert dish called Chantilly cream. In its ordinary condition it can be used instead of oil in the dressing for white salads. It is with sour-cream that is made the Norman white sauce, unknown to most cooks and so omitted in most cook books. (Fr.)

CARE OF MILK.—Milk, perhaps even more than most animal food-products, unstable as they all are, is susceptible of contamination and uncertain to keep. Boards of health have by inspection and advice done much of late years towards improving the quality of the milk supply; but even sanitarially produced milk may quickly be ruined by the consumer's carelessness or ignorance. Most milk troubles come from harmful bacteria, microscopic plants, often shortly called germs, that are almost omnipresent, and live on dust floating in the air, on the filth of the cow's flank and udder, or on dirt in the cracks and crevices of utensils, or elsewhere, but are killed by boiling, and only propagate slowly at a low temperature. Milk utensils must, therefore, not only be kept perfectly free from visible dirt, but must be thoroughly sterilized by scalding, and the milk must be kept cool, at fifty degrees (Fahrenheit) or less. The price of milk bought in the city must necessarily cover the expenses of such needful precautions. Milk delivered in glass bottles is not exposed to the air from the time of bottling until used, and visibly shows its cream line and any dirt that may settle to the bottom, advantages well

worth the extra cent a quart usually charged. Milk out of a can carried from house to house, may receive various germs wherever opened; and the late customers get milk less rich and filthier than the earlier ones; and the quart measure wet with milk must catch dust from the streets. The milk ticket should, of course, not be left in the bottom of the pitcher, for the milkman to take out with a dirty hand. Milk received in a dirty milk pitcher with a rim of sour milk sticking to its sides (in spite of rinsing in cold water) will usually sour in hot weather. An open pitcher indeed is a poor receptacle, especially if left out over night; but a "lightning fruit-jar," with its cover and with its rubber band, is easily cleaned, and the cover keeps out dust. If milk be delivered early, it should be left in the warm summer air no longer than can be helped; and especially should not stand in the sun, but be shaded in a box. In milk delivered warm the same morning it is drawn, the germs propagate too rapidly to be checked. The milk should be delivered cold, and put at once into a cold place. The dish to hold milk should be thoroughly cleaned with soap, or better with washing soda, and water, and then rinsed with boiling water, and put in a clean place free from dust, to drain (not wiped), and left inverted until wanted. "Sterilized milk" has been heated to the boiling point (212 degrees) for half an hour, and will keep long; but has a cooked taste, and is less easily digested and satisfactory than raw milk. "Pasteurized milk" has been heated to 140 degrees for twenty minutes, and cooled quickly to below fifty degrees; and is held to keep practically as well as sterilized milk, but has not the cooked taste. Either kind may be contaminated again by careless handling. Pure new milk is better than milk pasteurized under unsanitary conditions. Milk of doubtful origin may well be pasteurized at home, especially in summer; but for an infant, a physician's advice would be desirable, since the baby's milk needs exceptional care. There are patent pasteurizers and sterilizers to be bought; but a double boiler and a dairy thermometer suffice. The milk, after heating to 140 degrees for twenty minutes, should be poured into a lightning-jar, or ordinary milk bottle, which has just been rinsed with boiling water, and should be covered at once and set away to cool. As milk readily absorbs odors it should not be left uncovered in an ice box along with strong-scented foods. The box should be clean and sweet. Milk that has

become warm outside the box should not be mixed with the cold milk inside. Preservatives should not be used to keep milk; they are dangerous. (Prof. P. H. Smith, of the Amherst Agricultural College, in a paper on the "Care of Milk in the Home," issued by the Massachusetts Board of Agriculture, in 1908.)

A few germs washed by milk from the body of one fly may grow into millions within a few hours, and give large doses of bacilli to any drinker of the milk, and cause serious illness. (American Civic Association.)

TO PREVENT MILK FROM TURNING.—It often happens that milk kept several hours, especially in summer, turns, when it is boiled. When it is noticed that there is some inclination to turn, put into a quart of it a teaspoonful of bicarbonate of soda; stir well, go on with the boiling; and use the milk as if nothing had been put in. (Fr.)

MILK PUNCH.—What is commonly called milk punch is a mixture of whisky, brandy or rum, sugar, milk and nutmeg, without either lemon-juice or water. It is taken cold. (Leslie.) The spirit supplies the carbohydrate that is somewhat lacking in the milk.

TURKISH YOUT.—To a quart of new milk, add as much sour milk as will turn it to a soft curd; and serve it up with sugar, or preserved fruit. (Vegetarian Cookery.)

SOUR-CREAM SALAD DRESSING.—Beat half a pint of sour-cream with an egg beater, until it is smooth, thick and light. Mix together two tablespoonfuls of lemon juice, two tablespoonfuls of vinegar, a scant tablespoonful of sugar, a teaspoonful of salt, a quarter-teaspoonful of pepper, and a teaspoonful, or more, of mixed mustard; and gradually add the mixture to the cream, beating all the while. This dressing may be modified to suit different vegetables; and the seasoning may be varied, for example, by omitting the mustard and lemon, and highly seasoning the dressing with any kind of catchup. Sweet cream may be used instead of sour; it should be quite thick. (Parloa.)

CREAM SALAD DRESSING.—Mix together two tablespoonfuls of olive oil, a teaspoonful of salt and two tablespoonfuls of vinegar; then beat into them half a cupful of tomato catchup; and finally add a cupful of cream (sweet or sour), beating it

in gradually. This dressing is very good for vegetables. (Parloa.)

MILK SAUCE.—Heat half a pint of milk (or terralac) over boiling water; beat a tablespoonful of butter (or two tablespoonfuls of palatable vegetable oil) and a teaspoonful of flour to a cream, and stir it into the hot milk. Cook five minutes; then add half a teaspoonful of salt and a quarter-teaspoonful of pepper; and use at once. This sauce is good for boiled cauliflower, potatoes, carrots, and the like, and for scalloped dishes. It may be modified by adding flavoring herbs. (Parloa.)

MILK MUSTARD SAUCE.—Make the milk sauce as just directed. Mix a tablespoonful of mustard with a teaspoonful of cold water, and stir into the sauce about two minutes before serving up. The quantity of mustard may be more or less according to the taste. (Parloa.)

CREAM SAUCE.—Boil a pint and a half of rich cream with four tablespoonfuls of powdered sugar, some pieces of cinnamon, and a dozen bitter almonds, or peach kernels slightly broken up, or a dozen fresh peach leaves. As soon as it has boiled up, take it off the fire, and strain it; if it is to be eaten with boiled pudding or with dumplings, send it to the table hot; but if you intend it to accompany fruit pies or tarts, let it get quite cold. (Leslie.) Cream and sugar make a very nice sauce for many puddings. Cottage and boiled Indian puddings are better with sweet cream. For plain boiled rice, many prefer cream that is a little sour. Cornstarch is best with cream beaten stiff, sweetened and flavored with vanilla, or bitter almonds. (Haskell.)

CREAMS.—Creams are among the most frequent dishes in city houses. They are easy to prepare, and very delicate when well made. A larger or smaller number of eggs may be used. The more whites you put in, the more easily the creams set, but it will be at the expense of their delicacy; if none are put in, the creams are excellent, but will take longer time to set. The receipts will indicate the best proportion. If it is for a family dinner, the creams may be put into a dish; but for a ceremonious repast, it is better to use cups or small jars. They have the double advantage, of greater elegance, and of requiring for the same number of

guests a smaller quantity of cream. These creams are made to set by putting the dish in the oven of a stove, or (with more trouble) over a sauce-pan that holds boiling water, placing over the dish a cover that holds live coals. If the cream is in cups, or small jars, put into the sauce-pan only water enough to reach to one-third their height; so that in boiling, the water will not cover them. It takes ten or fifteen minutes to make the creams set. If too much set, they are less delicate. A quart of milk is enough to fill about fifteen small cups of the ordinary size. (Fr.)

VANILLA, LEMON, ORANGE, CHERRY-LAUREL, ORANGE-FLOWER OR COFFEE CREAM.—For fifteen cups: Boil a quart of milk (or terralac) with either some vanilla as long as your little finger, or half of the yellow part of a lemon peel, or orange-peel, or two cherry-laurel leaves, or a table-spoonful of orange-flower water, or four spoonfuls of essence of coffee, or some kernels of burnt coffee; sweeten with six ounces of sugar; take from the fire, and cool a little. Beat well together six yolks of eggs and one white; mix little by little with a small part of the sweetened, flavored and cooled milk; then, with all the milk; strain through a fine strainer, or sieve; pour into a dish, or into some small cups; make it set in the oven. The piece of vanilla can be used three times; but, the third time, it must be split open, or it will give no flavor. Rinse it in cold water after each time. (Fr.)

CHOCOLATE CREAM.—For fifteen cups: Take a quarter-pound of chocolate, a quart of milk (or terralac); break the chocolate in pieces; put it into a sauce-pan with a little of the milk; melt it over the fire, and crush it well so that no lumps are left; pour the rest of the milk in; boil several bubbles; sweeten with a quarter-pound of sugar; cool down a little. Beat well together five yolks of eggs and one white; mix with the chocolate and milk, and strain, and make it set in the oven, in the same way as described for the vanilla cream. (Fr.)

CARAMEL CREAM.—For fifteen cups: Boil a quart of milk (or terralac), and sweeten with six ounces of sugar; cool down. Mix with caramel in the following way: Turn to caramel three ounces of sugar to which you have added a spoonful of water; when it is of a very dark chestnut color,

add three or four spoonfuls of water; boil two or three bubbles, and take from the fire; mix the milk and caramel. The mingling should be done almost cold, or the milk would turn. Mix with six yolks of eggs and one white well beaten together; strain, put into the cups, and make it set in the oven. (Fr.)

OVERSET CREAM.—For eight or ten persons, take a quart of milk (or terralac); if you wish the cream to be surrounded by sauce, which makes a much more delicate dish, take three pints. Boil the quart of milk with half a vanilla bean; sweeten with half a pound of sugar; take from the fire, and cool down a little. Beat well together eight eggs, yolks and whites; mix them little by little with a small part of the sweetened and flavored milk that you have cooled; then, with all the milk; strain with a fine strainer or sieve; pour into a bowl, or mould, that is just large enough to hold the cream, and that you have coated with caramel not too deep colored. The caramel is made as follows: Put into a saucepan a quarter-pound of sugar with a spoonful of water, stir until the sugar is melted, and is of a fine chestnut color. Quickly coat with it the mould or bowl, which you have warmed in boiling water. When the cream is in the mould, let it set in the oven, or in a Dutch oven, fire above and below: when it is quite set, let it cool; place a dish over it, and turn it over without breaking it. If you wish this cream to be surrounded by a sauce, and thereby much more delicate, instead of a quart of milk take three pints, and sweeten with three-quarters of a pound of sugar, instead of half. When the milk is boiled, sweetened and flavored, set apart the pint intended to make the sauce; let it cool; add to it four yolks of eggs well mixed; strain; let it set over the fire, stirring all the time, like the sauce for snowball custard (p. 101); when a good thickness has been obtained, let it cool, and pour it around the overset cream.

BLANC-MANGE.—For fifteen or eighteen persons: Take half a pound of almonds, among them some bitter ones; remove the skin, having let them soak some minutes in boiling water; pound them up in a mortar; mix them little by little with two cupfuls of water; strain through a cloth, and press them strongly; sweeten this almond-milk with six ounces of sugar; add a cupful of milk (or terralac) and a tablespoonful of orangeflower water. Mingle with the preparation an ounce of fine gelatine melted in a glass of water. Put it into a

mould, and let it set, in a cool place, or even on ice, if it be not winter. Take from the mould and serve up. (Fr.) Instead of gelatine manufactured from disgusting hoofs and hides and often infested with bacteria, isinglass from Irish moss or carrageen, or the Japanese kanten, may better be used.

CREAM PIE.—Little by little moisten a heaping spoonful of flour with a pint of milk (or terralac); add some sugar of the bulk of an egg, and some butter as large as an English walnut, and half a teaspoonful of salt; let the whole set, over the fire, stirring all the time. When the porridge is thick enough, take it from the fire and let it cool; thicken it with two yolks of eggs. Pour it into a pie-paste shell made and arranged in the way described on page 319. Bake 25 or 30 minutes. (Fr.)

BAVARIAN CHEESE.—For fifteen or twenty persons: Boil a cupful of milk (or terralac) with half a vanilla bean; sweeten with a quarter-pound of sugar; take from the fire, cover, and cool. Beat together six yolks of eggs, mix them little by little with the sweetened and flavored milk; strain with a fine strainer; put over the fire again, and stir, until this cream has the consistency of the sauce for snowball custard; cool down. Beat in an earthen pan, with a fork, or a wire eggbeater, a quart of sour-cream, into which you put a quarter-pound of powdered sugar and a teaspoonful of gum tragacanth; beat, until it becomes frothy, but not until butter lumps begin to form. Over a gentle fire, melt, in half a cupful of water, an ounce of gelatine; take from the fire, and cool down. When it has begun to thicken, add little by little the vanilla cream prepared as just described, then the whipped cream. Put into a mould, and let it set, in a very cool place. Take from the mould at the moment of serving up, being careful to plunge the mould into hot water for half a minute so that the cheese may be readily detached from the mould. To render this dish yet more delicate, you may add to its composition preserved angelica, cedrat, orange-peel, all cut in small bits, dried currants, cleaned and washed, Smyrna raisins, stoned Malaga raisins and the like. (Fr.)

WHIPPED CREAM OR CHANTILLY CHEESE.—For twelve or fifteen persons: Take a quart of good sour-cream; add a teaspoonful of gum tragacanth, a quarter-pound of sugar. Add

a little vanilla powder or vanilla extract; or a spoonful of orangeflower water; or a spoonful of rosewater, or a drop of essence of rose, and a little of rose-lac; or a small glass of kirsch, maraschino, or aniseed; or two two-ounce tablets of chocolate melted in a quarter of a cupful of water; or two spoonfuls of essence of coffee; or the juice of a quarter-pound of strawberries, with a little rose-lac for coloring. Place yourself in a cool spot (otherwise the cream will froth badly) and beat with a fork, or a wire eggbeater, until the cream visibly increases in volume, but not until lumps of butter begin to form. Keep in a cool place; do not present it at the table, until the time to eat it. This cream can be used to garnish merangs. It changes rather easily. One means of making it froth and keep long is to add to the cream, before beating, some gelatine dissolved in as little water as possible; let it cool, and mix with the cream before it begins to set. It needs three quarters of an ounce of gelatine for a quart of cream. (Fr.)

ANOTHER WHIPPED CREAM.—Put into an earthen pan some good cream with powdered sugar, extract, or powder, of vanilla, essence of coffee, orangeflower water, or any other flavor, and a little gum tragacanth; whip with a fork, or an eggbeater; mix with whites of eggs beaten to froth; serve up. The preparation is, for one quart of cream, a quarter-pound of sugar, a teaspoonful of gum tragacanth, four whites of eggs. (Fr.)

GOOD-MARY CHEESE (OR CREAM).—For twelve or fifteen persons: Take three pints of good, but not too thick, sour-cream; mix with it a quarter-pound of powdered sugar, and half a powdered vanilla bean. Beat a quart of cream for five or six minutes with a fork or an eggbeater; let it drain five or six hours in a little straw basket, or a porcelain or earthenware one, arranged for the purpose and wrapped in a linen cloth. Serve it up, keeping the form of the basket, and surrounding it with the pint of cream which you have put aside without whipping. (Fr.)

CHARLOTTE RUSSE.—Take a mould of one piece, or a saucepan; garnish the bottom and the sides with lady-finger cakes crowded one against another; into the middle pour some whipped cream, either of the composition of Bavarian cheese,

or of pastry cream; overset upon a dish; remove the mould, and serve up. (Fr.)

PASTRY CREAM.—This cream serves to garnish pieces of pastry, custard, pies and the like. It can be made at any season, and replaces whipped cream, sometimes advantageously. Put into a sauce-pan half a spoonful of arrowroot, and moisten it with half a cupful of milk (or terralac) and three ounces of powdered sugar. Separately mix six yolks of eggs with half a cupful of milk (or terralac); then mix them with the milk and arrowroot, thicken by stirring over the fire, until the whole sets without boiling; add to the mixture a little vanilla-powder, and the six whites of eggs beaten to stiff froth; stir with a round wooden spoon over the fire, until the whole is well mixed; take from the fire; as soon as the whole is almost cold, add, in winter, half an ounce, in summer, an ounce, of gelatine dissolved in as little water as possible. Pour immediately upon the pastry, puffs and the like that you wish to garnish. (Fr.)

ICE CREAM.—Take two quarts of very rich, perfectly sweet cream, beat it as stiff as possible; but not to butter. If the cream is thin, increase the quantity. Boil three pints of morning's milk in a double boiler; thicken with two table-spoonfuls of arrowroot (or with flour) to the consistency of thin cream; cook thoroughly in a double boiler (for fear of scorching), and until the raw taste of the flour has disappeared; add thirteen ounces of powdered sugar, lemon essence or vanilla, both or either one, as desired; strain through a hair sieve, and pour into the beaten cream. Mix thoroughly; taste; if too sweet, add milk and cream; if not sweet enough, add sugar; it should before freezing be much sweeter than would relish, for it loses flavoring, and sweetness in freezing. Many prefer the ice cream much less rich, say, with equal quantities of cream and milk, or even less cream. Indeed, it is sometimes made without any cream at all; and, if properly made, freezes very smoothly, and is taken for cream. If milk be used without cream, the well beaten whites of four eggs to a quart may be added. The mixture is frozen in a freezer free from rust, surrounded by broken ice mixed with an equal weight of coarse salt. (Haskell, adapted.)

ANOTHER ICE CREAM.—Two quarts of sweet cream, two quarts of new milk, one quart of powdered sugar, four eggs,

one tablespoonful of vanilla, two teaspoonfuls of bitter almond. two tablespoonfuls of flour. Boil one quart of the milk, mix the flour in half a pint of cold milk, and add it to the boiling quart; stir constantly, until well cooked; then, thin with half a pint of cold milk; beat the eggs, unseparated, as light as possible; stir into them half a pint of cold milk, and beat the eggs and milk together; then, add them to the thickened milk; beat the thickened milk and egg briskly three minutes, add the remaining half-pint of milk and the sugar; when the sugar is dissolved, strain the custard through a fine sieve, and after cooling, add the extract. Beat the cream until it is light, and add it to the other ingredients, after they are in the freezer. Freeze as usual; if modern freezers are used, the cream will not need beating. (Haskell.)

FRENCH VANILLA ICE CREAM.—For ten or twelve persons: Put into a sauce-pan a quart of good milk, with half a pod of vanilla; boil; as soon as it boils, add three quarters of a pound of sugar; take from the fire, and cool down. Beat well seven eggs together; mix them with the milk when it is almost completely cold, strain; put over the fire again, and stir with a spoon until the mixture begins to set, but be careful not to let it thicken; cool down, put into the freezer, filling only two-thirds full; cover it, and freeze in the way described for ices and sherbets (p. 340). (Fr.)

OTHER FLAVORING FOR ICE CREAM.—Instead of the vanilla and lemon, various other flavors may be used. Enough chocolate, or coffee, as prepared for drinking, may be stirred into the cream to flavor it strongly before freezing; or orange flavor may be obtained by adding lump sugar that has been rubbed on the outside of oranges, to extract the oil from the skin, further adding when the cream is nearly frozen, as much strained and sweetened orange juice as desired. Strawberry, raspberry, cherry, pineapple, or any other juice or syrup can be used in the same way, if not too acid. (Haskell.)

ICE CREAM SO-CALLED.—Some ice creams, so-called, are merely a nice boiled custard frozen; and should be called frozen custard. (Haskell.)

BUTTER.

Butter of a good quality is of a fine yellow color; it should not crumble when you break it, and should not be what is called short or friable. Never buy butter without first smelling and tasting it. It should be neither bitter, nor rancid, nor smell too much of the cream; it should taste something like a filbert. For white, blanquette, pullet and landlord's sauces, it is indispensable that the butter should be of the first quality. (Fr.)

KEEPING BUTTER.—Butter keeps some days, without any preparation, in a cellar, in a basement, in a cool place, wrapped in a wet cloth. Butter loses its quality when kept in water. There are two ways to keep butter for a long time; salting and melting. Salting is the best way; melting is solely for frying butter. (Fr.)

SALTING DOWN BUTTER.—Take butter of the first quality, completely made—that is, with no part still in the state of cream. Wash it, and knead it in cold water, until the water no longer becomes milky, but continues perfectly clear and transparent. Take out all the water, spread out the butter; put upon it two ounces of fine salt for each pound of butter, fold and refold, knead with the hands for a good while, so as thoroughly to incorporate the salt. Put the butter into stoneware jars that you have carefully cleaned and washed, and of which the bottom has been covered with a slight layer of salt before you begin to put the butter in. Push the butter tightly in every direction, so as to leave no empty cavities. Fill the jars up to two inches from the top; smooth out the upper surface of the butter, and cover it with a layer of the salt; set the jars away in the cellar, or in a cool place. Some days later, add brine, to the depth of an inch; cover with a cloth and a strong paper. When you take out some of the butter, be careful to take it quite evenly, and to continue taking from the same jar before beginning on another. (Fr.)

MELTING DOWN BUTTER.—Put the butter into a kettle; cook it with a gentle fire, without skimming, until it is clear and limpid, for about three hours; take it from the fire, and let it stand an instant; skim it, and pour it carefully into stoneware jars; fill them completely, for cooling will make empty space enough at the top; let it cool; cover with a paper

that you keep stuck, so to speak, to the butter by means of a piece of slate of the size of the mouth of the jar, and with weights thereon. If the butter, in spite of all the precautions, should become rancid, or acquire a strong taste, it would not thereby be completely lost; it could still be used for brown-butter sauce, or for frying; but it would be quite impossible to use it for white or pullet sauces, since they are detestable when made with bad butter. (Fr.)

OILED OR CLARIFIED BUTTER.—Put any quantity of butter in a clean sauce-pan over a clear slow fire; watch it carefully, and when it is melted, take off the scum from the top; let it stand two or three minutes to settle; then pour the clear butter through a fine sieve into a basin, leaving the sediment at the bottom of the pan. Butter, thus clarified, will supply the place of olive oil, and is frequently preferred, either for salads or frying. (Vegetarian Cookery.)

BUTTER AS A SIDE DISH.—Select the very best and finest butter, serve it up on radish-dishes, shells, or boats. Small moulds and various apparatus are sold for shaping such butter, also, you can with a knife-blade gently scrape the surface of a piece of butter, until you have formed a little shell-shaped mass of it, which you can place in the shell or radish-dish. This butter must be kept cool until placed on the table; in summer, a little bit of ice may well be placed between each two shell-shaped pieces of butter. (Fr.)

BUTTER WITH VEGETABLES.—It is almost universally conceded that vegetables, to be at their best, require the addition of fat; and there is no fat so suitable as butter for most vegetables, judged by the texture of the dish and by the flavor. The American housekeeper is too apt to look on the use of butter, milk, cream and eggs, in preparing vegetables, soups and sauces, as mere trimming and not food. But they are all wholesome, valuable foods, increasing the food value of the dishes, and, in reasonable quantities, are to be recommended. (Parloa.) Our tables and diagrams have clearly shown how deficient most vegetables are in the full quantity of fat required by a perfectly well balanced diet; and the deficiency is simply supplied by butter, or by the several vegetable oils of excellent, or wholly unobtrusive flavor, or by nuts that are rich in fat.

BUTTER IN SAUCES.—Most sauces are made with butter and are chiefly devices for adding fatty matter to the main dish or vegetable; for vegetables, as we have just been reminded, generally lack, by themselves, fat enough for an ideal diet.

BOILING SAUCES DOWN.—Sometimes, when a dish is cooked, the sauce is too dilute; take out your vegetable, and with a very hot fire boil the sauce down to the suitable quantity. (Fr.)

THICKENING.—To make the sauces perfect, to make them thick and unctuous, they are thickened. Here are several methods: thickening with flour, with arrowroot, with butter, with butter and flour or arrowroot, with eggs and cream, and with oil; but of this last we will not speak until we come to mayonnaise sauces. (Fr.)

THICKENING WITH FLOUR.—Mix a little flour in a plate with a little of the sauce; add a little more of the same sauce; pour it little by little into the sauce-pan, stirring with a spoon; boil two or three bubbles, still stirring; serve up. A teaspoonful of flour is amply enough to thicken a pint of sauce. Moreover the exact quantity cannot be fixed, as it depends on the quantity of sauce and its consistency. (Fr.)

THICKENING WITH ARROWROOT.—Mix a little arrowroot in a plate with one or two spoonfuls of cold water. Mingle it little by little with your sauce, stirring the while; take from the fire at the first boiling, for your sauce would otherwise become thin again. Thickening with arrowroot can even advantageously replace thickening with flour. What has been said of the quantity of flour for thickening applies equally here. (Fr.)

THICKENING WITH BUTTER.—Put some butter into the sauce you wish to thicken; stir the sauce, until the butter is melted; do not let it boil; take it off the fire, as soon as the butter is melted. If you let it boil, the sauce loses the delicacy given by the butter. The butter for thickening or for white sauces cannot be too fine. (Fr.)

THICKENING WITH BUTTER AND FLOUR, OR WITH BUTTER AND ARROWROOT.—Mix a little butter with a little flour or arrowroot; add it to the sauce; stir it over the fire for some minutes, without letting it boil. If flour is used leave it on the fire some minutes longer. (Fr.)

BROWN THICKENING.—Put the butter, which should be either fresh or clarified (or use palatable oil), into a sauce-pan, over a slow clear fire; when it is melted stir in with a wooden spoon two ounces of browned flour, constantly stirring it till it is quite smooth, and of a yellowish light brown. This must be done very carefully and patiently; if it be put on too hot a fire, and done too quickly, it will become bitter, or if it should have any burnt smell or taste, it will spoil everything it is put into; a large tablespoonful will generally be enough to thicken a quart of sauce. Keep it covered in an earthen jar for use; it will keep well a fortnight in summer, and longer in winter. The browned flour is easily prepared, by spreading some flour on a tin or flat dish, and placing it in a Dutch oven before a moderate fire, turning it frequently, till it is equally browned. The white thickening for white soups and sauces is prepared as above, using fine flour without its being browned, stirring it over a clear slow fire a quarter of an hour, but not allowing it to burn. Keep it covered in a jar. (Vegetarian Cookery.)

THICKENING WITH EGG.—Take one or several eggs according to the quantity of sauce that you have to thicken. Break them carefully so as not to burst the yolk. Separate the white from the yolk by passing this from one-half of the shell to the other, until separation is complete. Remove the germs that are left. Mix the yolks, and beat them well. Remove the sauce that you wish to thicken from the fire. Cool a small quantity of it, and mix it with your yolks. Add this mixture little by little to your sauce; stirring it. When the thickening has been well incorporated with the sauce, set the sauce-pan on the fire again. Stir, moving the wooden spoon around the sides and bottom of the sauce-pan. Above all, take good care that your sauce does not burn, when it comes to the desired thickness. Remove it immediately from the fire. It needs about two yolks for a pint of sauce. If eggs are dear, you can put in less of them, and incorporate a little arrowroot or flour with the thickening, before putting them into the sauce. The whites of the eggs that have been used for thickening can be utilized for covering other viands with bread-crumbs, beating the whites up with a little water and oil; they can be added to a common omelet; they can be made into merangs and small macaroons; they can be used for a meranged charlotte. (Fr.)

THICKENING WITH EGG AND CREAM.—Is done like thickening with eggs; only, you add to the yolks, while mixing them well, two or three spoonfuls of good and very thick sour-cream. (Fr.)

BUTTER SAUCE (MELTED BUTTER.)—Two ounces of butter; one large teaspoonful of flour; and two tablespoonfuls of milk. Cut the butter in small pieces, that it may melt more readily; put it into a clean block-tin sauce-pan (kept for the purpose); add the flour and milk, well mixed, and about half a cupful of water; shake it round the same way over the fire, till at the point of boiling; let it stand one or two minutes off the fire; boil it up, and it will then be ready. It should be about the thickness of good cream. Milk mixes with the butter much better than water alone. If the butter sauce should be oiled (which it is desirable to avoid), put in a spoonful of cold water, and stir it well with a wooden spoon; if very much oiled, pour it from one vessel to another, till it becomes right. (Vegetarian Cookery.)

ANOTHER BUTTER SAUCE.—Three ounces of butter; one tablespoonful of flour; a cup and a half of water; a dessert-spoonful of vinegar; a saltspoonful of salt; and one-eighth as much of fine white pepper; mix the flour and two ounces of butter together; set it on the fire in the sauce-pan with the water, constantly stirring it the same way, till at the point of boiling; add the vinegar, salt and pepper; stir it well, and pass it through a tin strainer; return it into the pan; add an ounce of butter, and stir it till melted over a moderate fire, but do not allow it to boil. (Vegetarian Cookery.)

LANDLORD'S SAUCE.—This is the simplest of all sauces. Mix some butter with a little parsley chopped fine; spread on the bottom of the dish you are to use in serving up; sprinkle with salt and pepper, and melt with a gentle fire; serve up, as soon as the butter is melted. Often the heat of the dish that has been cooked is enough to melt the butter. Be careful not to leave it long on the fire, for the butter would turn to oil. If you like, you can add to the landlord's sauce a little lemon juice or vinegar. (Fr.)

POOR MAN'S SAUCE.—Put into a sauce-pan a cupful of water (more or less, according to the quantity of sauce desired), five or six shallots and three or four sprigs of parsley

chopped fine, one or two spoonfuls of vinegar, salt and pepper. Let simmer until the shallots are cooked. They can be replaced by onions cut in very thin slices. (Fr.)

BLACK-BUTTER SAUCE.—Brown a rather large piece of butter in a frying-pan, stirring from time to time, so that the browning may be uniform. When the butter is well colored, almost black, yet without being burnt, add some sprigs of parsley, and when the parsley is fried, pour the whole, butter and parsley, upon the dish of food which you wish to serve up with black butter. Put some spoonfuls of vinegar into the frying-pan; as soon as it is hot, add it to the sauce. Black-butter suits fish especially. (Fr.)

PIQUANT SAUCE.—Put into a sauce-pan some butter as large as an egg. When it is melted, add a tablespoonful of flour. Brown over a quick fire, stirring with a wooden spoon, until the butter and flour are of a fine dark chestnut color; add a medium-sized onion chopped fine, turn it, and make it take on some color. Moisten with a cupful of water or of broth. Add salt, pepper, a flavor-posy, one or two spoonfuls of vinegar. Boil half an hour or three quarters, with a small fire, strain and serve up. After straining you can add some gherkins cut in thin round slices. (Fr.)

ANOTHER PIQUANT SAUCE.—Put into a sauce-pan some butter as large as an egg. Brown it of a fine rather dark color. Add three or four shallots chopped fine, turn with a spoon until the shallots are colored; add a spoonful of flour; stir for some minutes; moisten with a cupful of water or broth. Add pepper, salt, and one or two spoonfuls of vinegar. Cook for a quarter of an hour. At the moment of serving up, add gherkins and parsley both chopped. (Fr.)

A THIRD PIQUANT SAUCE.—Put into a sauce-pan some butter as large as an egg, half a spoonful of grated bread crusts, two shallots chopped fine, pepper and salt; stir for an instant over the fire. Add a cupful of water or broth, a little vinegar, two gherkins chopped; boil one or two minutes and serve up. (Fr.)

PEPPER SAUCE.—Put some butter as large as an egg into a sauce-pan, and let it brown a fine color. Throw in two medium-size onions cut in thin round slices. When they have become colored, moisten with a cupful of water, or of broth.

Add salt, pepper, thyme, sweet-bay, parsley, one or two cloves, two or three round slices of carrots, two spoonfuls of vinegar. Boil an hour. Strain and thicken with some butter as large as an English walnut kneaded with arrowroot or flour. If the sauce is too pale, color it with a little caramel. (Fr.)

MUSTARD SAUCE.—Rub a teaspoonful of mustard quite smooth, with a tablespoonful of vinegar; add a little pepper and salt; and stir it in some butter sauce. (Vegetarian Cookery.)

BROWN SAUCE.—Two ounces of butter (or four tablespoonfuls of palatable oil); and one ounce of flour. Melt the butter in a frying-pan, or sauce-pan (or heat the oil in the pan); add the flour, stirring till it is of a brown color; add as much boiling water as will make it the thickness of cream; and season with pepper and salt. (Vegetarian Cookery.)

AMERICAN WHITE SAUCE.—Beat a tablespoonful of butter and two tablespoonfuls of flour to a cream; put it into a sauce-pan with half a pint of white broth (or of water), half a teaspoonful of salt, and a quarter-teaspoonful of pepper; simmer ten minutes; and serve up. This sauce may be modified by adding flavoring herbs. (Parloa.)

PARISIAN WHITE SAUCE.—Put into a sauce-pan some butter as large as an egg and a tablespoonful of flour; knead them well together; wet them gradually with about a cupful of hot water; season. Place over the fire; stir with a spoon until the mixture begins to boil; then add a fresh quantity of butter cut in pieces, so that it will melt the easier, and take it immediately away from the fire again. If you choose, you can make the sauce slightly acid with a little vinegar or lemon juice. But the vinegar or lemon must be added only at the moment of serving up, or the sauce will turn sour. (Fr.)

NORMAN WHITE SAUCE.—A sauce ignored by most cooks, and consequently omitted from most cook-books. Moisten a teaspoonful of arrowroot or of flour with one or two spoonfuls of water. Add to the mixtures some butter as large as an egg, and half a pint, or about seven or eight spoonfuls, of the cream called at Paris double cream (cream of curdled milk—sour-cream). Put upon the fire and continue to stir, until the sauce has bubbled up two or three times. Serve up.

You can acidulate this sauce with a little vinegar; but, just as with the Parisian white sauce, you must not put in the vinegar, until the sauce is away from the fire. (Fr.)

WHITE SAUCE ACIDULATED WITH SORREL.—Make a white sauce either Parisian or Norman, but with a little less flour; take it from the fire; at the moment of serving up, add a good handful of sorrel well cleansed and washed and chopped fine. White sauces so acidulated have a taste quite different from a sauce acidulated with vinegar or lemon, and are quite agreeable. (Fr.)

WHITE SAUCE WITH CAPERS.—Make a white sauce, either Parisian or Norman; at the moment of serving up add a teaspoonful of capers. (Fr.)

BLANQUETTE SAUCE.—In a sauce-pan melt some butter as large as an egg; add a tablespoonful of flour. After thoroughly mixing them, add a cupful of water, an onion, a flavor-py (p. 206), and season with salt and pepper. Simmer for half an hour. Put into it the viand you have to prepare. Remove the posy, and serve up. (Fr.)

PULLET SAUCE.—Make a blanquette sauce. At the moment of serving up, thicken with egg, or with egg and cream. What you have to cook, or warm over, should be completely cooked before adding the thickening; the thickening, to repeat, should not be added until the moment of serving up. (Fr.)

BECHAMEL SAUCE.—Put some butter as large as an egg into a sauce-pan with a spoonful of flour, some salt and pepper. When the butter is melted and well mixed with flour, pour in, while constantly stirring, a cupful of fully boiling milk. Cook a quarter of an hour, continually stirring. (Fr.)

REMOULADE SAUCE.—Into a bowl put two or three spoonfuls of mustard, salt, pepper, and a dash of vinegar. Pour oil in, drop by drop, while turning the mustard, so as to amalgamate it with the oil. Put in more or less of the oil, according as you like this sauce of a milder or stronger flavor. Some persons mix with this sauce shallot, parsley, cibol, all chopped very fine. The sauce is good with celery. (Fr.) It is practically the same as the ordinary English salad dressing for lettuce.

WARM RAVIGOTE SAUCE.—Into a sauce-pan, put a cupful of water, or of broth; add shallot, chervil, burnet, tarragon, common garden cress, all chopped fine; also salt, pepper, vinegar. Boil ten or fifteen minutes. Take from the fire, and thicken with an egg-size piece of butter mixed with a teaspoonful of arrowroot or flour. (Fr.)

COLD RAVIGOTE SAUCE.—Take shallot, chervil, burnet, tarragon, garden cress, chives, scallion. Pound them in a mortar. When the whole is reduced to paste, add the yolk of a raw egg. Let oil fall drop by drop, while you stir the mixture; when the same has sufficient consistency, add a spoonful of vinegar and a teaspoonful of mustard. Should the sauce, when finished and seasoned, be too thick, you can thin it with a little cold water. (Fr.)

TARTAR SAUCE.—Into a dish put two or three yolks of raw eggs, a spoonful and a half of mustard (more or less according as you like this sauce of stronger or milder taste), some salt, pepper, and four spoonfuls of oil. Mix the whole well together. Let it stiffen over a very mild fire, or rather over warm ashes, while you stir with the spoon; one or two minutes are enough. You can, if you like them, add to this sauce, parsley, cibol, shallot, all chopped fine. (Fr.)

WHITE MAYONNAISE SAUCE.—Into a bowl put one or two yolks of raw eggs. Mix the whole well together; let fall into it drop by drop a rather large quantity of oil, stirring the yolks with a spoon. You will perceive that there is enough oil when the mixture has some consistency, and detaches itself from the bowl. When the yolks begin to have some consistency, you can put in more oil at a time, but, until then, only drop by drop. Add vinegar, salt and pepper, and stir well, until the whole is well amalgamated. When the sauce is finished and well seasoned, if it be too thick, add a little cold water. You can also add one or two spoonfuls of good cream. To succeed well with this sauce, you must work in a cool place. The bowl may be kept cool among broken ice. (Fr.)

GREEN MAYONNAISE SAUCE.—Add to the white mayonnaise a certain quantity of chervil, tarragon, garden cress, and burnet, all pounded up in a mortar. (Fr.)

AYOLI SAUCE (SOUTHERN).—In a mortar pound up two cloves of garlic; add the yolk of a raw egg, a crumb as large

as an English walnut of bread soaked in water, or milk, and well squeezed, some salt and pepper; pound and mix the whole well together, adding about seven or eight spoonfuls of oil, drop by drop. If the sauce be too thick, add a little water. (Fr.)

SOUBISE SAUCE.—Take a dozen white onions, clean them, and cut them in two, and throw them for some minutes into boiling water. Into a sauce-pan put some butter as large as an egg, and a spoonful of flour; and melt with a mild fire; when the butter is melted, and the mixture is complete, add a cupful of lukewarm water; stir, and put the onions in; cook with a mild fire. When the onions are cooked, pass them through the strainer; put them into the sauce-pan again, season with salt and pepper and a lump of sugar as large as an English walnut. Simmer some minutes; at the moment of serving up, add a spoonful of sour-cream. This sauce should have the consistency of mashes, among which it might be classed. It is very good with beef and mutton. (Fr.)

MADEIRA SAUCE.—Into a sauce-pan, put some butter as large as an egg; melt it, add a teaspoonful of flour; stir with a spoon over a quick fire, until the butter and flour are of a fine chestnut color; moisten with two cupfuls of water, or broth; add salt, pepper, a flavor-posy (p. 206) an onion, a little nutmeg, a clove; simmer an hour; at the moment of serving up, add two or three spoonfuls of madeira; strain and serve up. (Fr.)

DEVILLED SAUCE.—Into a sauce-pan, put some butter as large as an egg and a spoonful of flour; stir over the fire, until the butter and the flour are of a fine chestnut color; moisten with half a cupful of red wine and a cupful of water, or of broth; add seven or eight sprigs of parsley, a little thyme, a sweet-bay leaf, a clove of garlic, two shallots chopped fine, a pinch of cayenne pepper and a little salt; simmer twenty minutes, strain, and serve up. (Fr.)

CURRY SAUCE.—Into a sauce-pan, put some butter as large as an egg, a teaspoonful of curry-powder, a little nutmeg, two spoonfuls of flour; melt over the fire, stirring the while; add, while still stirring, two cupfuls of water, or of broth; boil a quarter of an hour; thicken with a bit of butter, and serve up. (Fr.)

BORDEAUX SAUCE.—Into a sauce-pan, put four table-spoonfuls of oil, a dozen small onions, some salt and pepper; brown them over a quick fire; when the onions are of a fine color, add a spoonful of brandy and two cupfuls of water, or broth, in which you have mixed four spoonfuls of tomato mash; also add a handful of parsley chopped fine; boil half an hour; thicken with a little arrowroot, or flour. (Fr.)

BEARNESE SAUCE.—Put into a sauce-pan four yolks of eggs, four spoonfuls of oil, four spoonfuls of water, one spoonful of vinegar, one spoonful of tarragon chopped fine, salt and pepper; mix the whole well together; let them stiffen over warm ashes, while you turn with a wooden spoon, until the consistency is suitable. This sauce, quick to prepare, excellent to eat with chops and steaks, ought to be made with much care, and ought to have the thickness of mayonnaise sauce. (Fr.)

DUTCH SAUCE.—Put into a sauce-pan a quarter-pound of butter, a teaspoonful of vinegar and two tablespoonfuls of cold water, some salt and butter; put it over warm ashes, and stir with the wooden spoon, until the butter is melted. (Fr.)

ITALIAN SAUCE.—Into a sauce-pan put some butter as large as an egg, and a tablespoonful of flour; stir them over a quick fire, until the butter and flour are of a fine chestnut color; moisten with a cupful and a half of water, or of broth, and half a glass of white wine; season with salt and pepper; cook a quarter of an hour; add shallot, parsley, mushrooms, all chopped up; boil several bubbles, and serve up. (Fr.)

PROVENCAL SAUCE.—Into a sauce-pan put three spoonfuls of oils, seven or eight mushrooms and a shallot, all chopped fine, a clove of garlic, salt, pepper, a flavor-posy (p. 206) and a tablespoonful of flour, stir them over a quick fire, until the whole begins to take on some color; moisten with a cupful and a half of water, or of broth, and half a glass of white wine; boil seven or eight minutes; take out the garlic and the posy, and serve up. (Fr.)

VENETIAN SAUCE.—Mix half a spoonful of flour with a cupful of cold water; season with salt and pepper, put over the fire, and let them stiffen, while you stir; when the sauce is of a good consistency, thicken with butter as large as an

egg; add two spoonfuls of parsley chopped very fine and one spoonful of vinegar; stir, and serve up immediately. (Fr.)

COOKED SALAD DRESSING.—In a bowl mix well a table-spoonful of oil, or butter, a teaspoonful of salt, a teaspoonful of mustard; and a quarter teaspoonful of pepper; add two eggs, and beat for five minutes; then add a gill of vinegar, and beat one minute. Add two gills of milk; place the bowl in a pan of boiling water, and cook until, in about ten minutes, the sauce thickens like thin cream, stirring constantly. Cool, and bottle what is not wanted for immediate use. This sauce is good for nearly all kinds of cooked vegetables. If butter is substituted for the oil, add it just before taking the sauce from the fire. (Parloa.)

CURDS AND CHEESE.

KINDS OF CHEESE.—The American factory cheese (called "full-cream," if made from unskimmed milk, "part-skim," if the cream has been partly removed, and "skim," if wholly removed) is of the English Cheddar type; and is the most commonly used of all the commercial varieties in the United States, and may be taken as a standard. It is usually pale to darker yellow in color; though it may be white, when uncolored. When fresh, it is mild in flavor; but when well ripened, has a characteristic and sharp taste. The new cheese is soft, though not waxy, and may be easily shaved, or broken into small pieces. When well ripened, it may be finely grated. Sage cheese is a variety of Cheddar cheese that is flavored with sage, and is green mottled, formerly with bits of sage-leaf, but now generally in another way. English dairy cheese is made in much the same way as Cheddar, but the curd is somewhat more heated, and the cheese is therefore harder. It is somewhat dearer than the American factory cheese, and is found only in the larger markets. Parmesan cheese, so-called outside of Italy, is a very hard cheese, with granular appearance when broken. When well made, it will keep for years, and may be broken and grated. In Europe, it is used with soups, and with macaroni and the like. Sap sago cheese is made from skim milk in Switzerland; and is suitable for grating, is greenish, with an unusual flavor, and contains one quarter of its weight of a clover grown there, and is not dear. Gorgonzola cheese, from cow's milk, and Roquefort, from

sheep's milk, are highly flavored with moulds throughout. Swiss cheese (Emmenthaler, Gruyère &c.) has a mild, sweetish flavor and large holes, or eyes. It is suitable for cooking, or for use uncooked. Edam cheese, made in Holland, is spherical, and usually dyed red on the outside. In this country, it is the custom to cut off a part of the top for a lid, and scoop out the inside. Though seldom used in American cooking, the hollowed-out shell is sometimes stuffed with cooked and seasoned macaroni, rice, or the like, and baked. Potted or sandwich cheeses are made by softening ordinary cheese with one fifth its weight of butter, or oil, and are put into pots, and used like any soft cheese. Sometimes, they are seasoned with mustard or curry powder. Cream cheese, properly so-called, is made from rich cream curdled by souring, or from sweet cream curdled with rennet. After it is drained of the whey, it is covered, salted, and turned occasionally, and is ready for market in five or ten days. But there are many varieties of cream cheese. Soft cream cheese has more water (usually about one half the total weight) and more fat and less protein than standard cheese, and is more perishable; and each cheese weighs about $\frac{1}{4}$ or 1-3 pound, and sells for 10 or 15 cents or at 40 to 50 cents a pound. It is sometimes mixed with chopped pimento. Neufchatel cheese is similar in appearance, and is made from whole or skim milk curdled with rennet. After draining and pressing, it is thoroughly kneaded, formed into small rolls or blocks, ripened about four weeks, until special moulds develop, and is then wrapped in tin foil and marketed. Brie and Camembert are soft rennet cheeses of strong flavor and color, and of somewhat smaller nutritive value than standard cheese, and not often used in cookery. There are, besides, other soft cheeses, such as cottage cheese and other sour-milk and cream cheeses, junket, or curds and whey, Devonshire cream, and the like. (Langworthy and Hunt, in United States Agriculture Department Farmers' Bulletin.)

BUTTERMILK CHEESE.—Heat buttermilk gradually to about 180° or 140° Fahrenheit. Allow it to cool; pour off most of the whey from the curd settled to the bottom, and strain out the rest. This cheese has hardly any fat, yet has a consistency suggestive of fat. It may be seasoned with salt only, or mixed with butter or cream and seasonings; or mashed and

mixed with chopped olives and pimentos in equal parts, and with salt, and spread between thin slices of bread; or made into a roll, or moulded, cut into slices and put on lettuce leaves with French dressing; or used in any way like ordinary cream cheeses. (Langworthy and Hunt.)

BUTTERMILK CREAM.—Heating buttermilk not above 100° Fahrenheit, a compound is made that, after draining, has the consistency of a very thick cream, which is claimed to be suitable for eating on bread in place of butter. It can also be used in making salad-dressings. (Langworthy and Hunt.)

DEVONSHIRE CREAM.—Let a pan of whole milk stand for twenty-four hours in a cool place, or for twelve hours in a warm place. Put it on the cooler part of the stove, and heat, the more slowly the better, until the milk is very hot, but not boiling. If overheated, a thick skin will form on the surface. After the heating, keep the milk in a cool place for twenty-four hours, and then skim it. The thick cream so obtained has a characteristic flavor and texture and in England is commonly eaten with fresh or preserved fruit. (Langworthy and Hunt.)

DEVONSHIRE CREAM, AGAIN.—Scald a gallon of new milk, or two quarts of cream, in a clean pan over a gentle fire, till it begins to froth around the sides; take it off immediately, and set it in two broad earthen pans, as milk is set for cream; the next day, take off the cream carefully with a skimmer; place it on dishes in layers, and if for immediate use, sprinkle fine sugar between the layers. (Vegetarian Cookery.)

CHEESE AS FOOD.—Some varieties of cheese are used chiefly in small quantities, for the flavor, to make the diet attractive and palatable; other kinds, comparatively low priced are suitable to be eaten in large quantities, not merely for the flavor, but for nutrition, particularly the American standard factory cheese. The flavor comes from the fatty acids in the cheese, and their compounds, and from ammonia-like bodies formed during the ripening, and from salt added to the curd; and, in some varieties, like Roquefort, from bodies elaborated by moulds. The changes in the composition of the cheese are chiefly effected by micro-organisms, and are fermentative, and not putrefactive. Numerous careful experiments have proved that cheese, whether cooked or raw, is very thoroughly and

easily digested, without constipation or other physiological disturbances; and the digestion appears to be effected by the ferments of the intestines rather than by those of the stomach. (Of course, cheese not fully chewed may, as difficultly permeable lumps, in the stomach or intestines, be somewhat hard to digest.) Badly cooked cheese is likely to contain burned fats, that may make digestion difficult. A level teaspoonful of potassium bicarbonate to the pound of cheese has been recommended for increasing the digestibility of cheese; but experiments have not confirmed the idea. The bicarbonate, however, does neutralize some of the free acids of the cheese, destroying some of the flavor, perhaps an advantage to some, though a disadvantage to others. An ounce of cheese roughly is equivalent to an egg, to a glass of milk, or to two ounces of meat. (Langworthy and Hunt.)

BILL-OF-FARE MAKING WITH CHEESE.—In devising a bill-of-fare, the aim is not merely to supply the nutritive elements in due proportion, but to make an attractive and palatable combination of foods, that is, therefore, favorable to digestion. For example, watery and refreshing fruit and succulent vegetables with their large amount of cellulose are a pleasant contrast to the concentrated and fatty cheese. It is consequently well to combine with a principal cheese dish crisp, watery vegetables, water-cress, celery, lettuce (with a dressing, or with salt alone), or simple salads, and refreshing fruits, rather than heavy desserts. Cheese, too, whether raw or cooked, is rather soft, and goes well with the harder, crustier kinds of bread, crusty rolls, or biscuit, zwieback, toast, pulled bread, ryebread and the harder brown breads, or crackers, and some of the numerous crisp, ready-to-eat cereal breakfast foods, or with brittle cookies rather than with rich soft cakes or puddings. As cheese has a high percentage of fat, the fat of accompanying dishes may be correspondingly diminished. Eating is often continued after taking enough in total bulk, solely because all that is wanted of some nutritive element has not been eaten; so that the meal has thereby too much protein, or too much starch (carbohydrate); has been too moist, or too dry; too highly flavored, or not flavored enough. As cheese has no starch nor cellulose, it should be combined with bread, potatoes and other foods rich in starch, with vegetables and with sweets. A number of the cheese dishes are fully sub-

stantial enough to take satisfactorily the place of such meat dishes as have been common not merely at breakfast and luncheon, but at dinner. (Langworthy and Hunt.)

KEEPING CHEESE.—One of the best ways to keep cheese that has been cut is to wrap it in a slightly damp cloth, and then in paper, and keep it in a cool place. The cloth should be sprinkled, and then wrung, and should seem hardly damp to the touch. Instead of the cloth, paraffine paper may be used. When cheese is put in a covered dish, the air should never be wholly excluded; for, if it is, the cheese moulds more readily. In some markets, small whole cheeses, of five pounds, can be bought; and they may be kept with a slice cut from the top for a cover, and the inside scooped out with a knife, a strong spoon, or a cheese-scoop. Some hardware stores sell knobs that may serve as handles to the lid. The cheese below the lid should be kept wrapped in a cloth. (Langworthy and Hunt.)

GRATING CHEESE.—It is often convenient to use a very coarse grater, with slits instead of round holes. It shaves the cheese, instead of grating it; an advantage, when the cheese is soft, as the grater does not become clogged. (Langworthy and Hunt.)

FLAVORING OF CHEESE DISHES.—Variety in cheese dishes may be had by varying the flavorings. Among the best flavorings are onions, chives, and the green sweet pepper; but, as the cheese needs very little cooking, and the onion or pepper a great deal, these should always be previously cooked, either by stewing in a very little water, or by cooking in butter, or oil. The seeds of the pepper should be removed before cooking. Where chopped celery is used, as it may be in most of the dishes, it should be cooked beforehand until tender. Other good flavors are mustard, curry-powder, onion juice, chopped olives, pimento, and, according to European receipts, nutmeg or mace. (Langworthy and Hunt.)

CURDS AND WHEY (Sometimes called Junket).—With a piece of rennet about three inches square, washed in two or three cold waters, to remove the salt, and wiped dry, and with a string tied to one corner, curdle a quart of warmed, but not boiled, unskimmed milk in a deep dish or pan, leaving the string hanging out. Cover the pan, and set it by the fire,

or in some other warm place. When the milk becomes a firm mass of curd, and the whey looks clear and greenish, remove the rennet, pulling the string, as gently as possible; and set the pan in ice, or in a very cold place. Send to table with a small pitcher of white wine, sugar and nutmeg mixed together; or with a bowl of sweetened cream, with a nutmeg grated over it. The rennet may be kept in white wine, cut in small pieces, and put into a small glass jar with wine enough to cover it well. Either the wine or the rennet will be found good for turning milk; but both together would make the curd too hard and tough to be eatable. Rennets will keep a year or more. (Leslie.)

SOUR-CURDLED CURDS AND WHEY.—Sometimes, without rennet, the curd is formed by the souring of the milk; and the quicker, if the milk is kept warm, best at about 96° Fahrenheit, or blood heat. A much higher temperature is likely to make the curd hard and tough, particularly the part nearest to the fire. The milk may be set into a pan of warm water. (Langworthy and Hunt.)

COTTAGE CHEESE, in the Pennsylvania mountains called Smear-case.—Cover a pan of milk just beginning to sour, and set it by the fire, until it becomes a curd (or you may use entirely sweet milk, curdling it with rennet). Pour off the whey from the top; tie up the curd in a pointed coarse linen bag; hang it up to drain over night, without squeezing it. In the morning, put the curd into a pan, adding some rich cream (or milk and a little butter), and work it very fine with a spoon, chopping and pressing it, till it is of about the consistency of soft bread pudding; or add but little cream, and roll into balls. To a soup plate of the fine curd add a teaspoonful of salt and a piece of butter as large as a walnut, mixing all thoroughly together. Some also add a little black pepper. Then, put it into a stone or china vessel; cover it closely, and keep in a cold place. When thin, this cheese goes well with preserves or sugared fruit. (Leslie.) The large proportion of carbohydrates in the fruit and sugar counterbalances the lack of them and the excess of protein and fat in the cheese.

ADDITIONAL NOTES ON COTTAGE CHEESE.—The milk may be warmed, for curdling, by pouring hot water into it. The water removes more of the acid, than when the whey is left

undiluted; and some consider that a great advantage. If the curd should have been overheated, it should be put through a meat-chopper, which will insure excellent texture. Thoroughly chilling the milk before draining off the whey causes more fat to be retained; but anyhow not much fat remains in cottage cheese. It is therefore, more economical to make it from skim milk, and add fat (say, butter, or cream, or oil) to the curd. Chopped parsley, caraway seeds, chopped olives, and pimento may, if liked, be added. Cottage cheese is mostly consumed immediately; but when made in quantities, it may be packed in tubs and kept in cold storage. Sometimes, it is formed into rolls, or blocks, and wrapped in tinfoil, for marketing; and is used without ripening. Sometimes, instead of curdling by souring, rennet is used; and, then, the flavor is milder and less acid. (Langworthy and Hunt.)

UNCOOKED CURD, OR FRENCH COTTAGE CHEESE.—The French make cheese from sour milk without heating it. They pour the milk into earthen moulds which have holes in the bottom; or a very fine sieve may be used. The whey drips out, and the curd takes a curd-like consistency and the shape of the mould. When stiff enough, the cheese is chilled; and is eaten with sweet cream and sugar, as a staple dessert, especially in hot weather, and is delicious with acid fruit, such as currants, or with strawberries. (Langworthy and Hunt.)

CHEESE WITH CREAM.—This cheese is especially agreeable in the summer. Curdle four quarts of milk by letting it stand two or three days in a rather cool place. Remove the cream; let the curd drain well, one day or a day and a half, putting it for the purpose into a linen cloth in small straw, or wicker, or porcelain, or earthenware baskets. When the cheese is well drained, take it from the basket, and serve it up surrounded by sour cream. It is eaten with powdered sugar. Another way is to mingle the drained curd with its cream, crush it, strain it, and whip it for some minutes, and serve up. (Fr.)

SOUR-CREAM CHEESE.—When cream is to be made into cheese similar to cottage cheese, it should be drained without previous heating; and the draining is facilitated by moistening the cloth in salt water before pouring the cream in. The curd is formed either by souring or with rennet. (Langworthy and Hunt.)

CREAM CHEESE.—After completely curdling, say, eight or ten quarts of new milk with rennet, press a clean linen cloth upon the firm curd, so as to make the whey rise above. Dip off the whey with a saucer, or skimmer. Carefully put the curd, as whole as possible, into a cheese-hoop, or mould (a round box about six inches deep and some nine or ten inches wide with holes in the bottom and with a lid that fits the inside exactly), spreading a clean wet cloth under the curd, and folding it over the top. Lay a large brick, or something as heavy, on the lid, and let the whey drain out through the holes at the bottom of the mould. Do not press hard; for the finished cream cheese should be only about as hard as firm butter. The curd will sink down to a thickness of two or three inches. The whey will cease to exude in about six hours, or somewhat longer. Take out the cheese; rub it all over with a little butter, and sprinkle it slightly with fine salt. Set it in a dry, dark place; in four or five days it will be fit to use. When cut, it should, if the weather be warm, be eaten at once; but, uncut, it will keep a week in a cold place, if turned three or four times a day. Serve it up on a large plate. (Leslie.)

CHEESE SAUCE.—Thicken a cupful of milk, or terralac, with two tablespoonfuls of flour; season with salt and pepper; add one ounce of cheese ($\frac{1}{4}$ cupful of grated cheese); stir until it is melted; and serve up. This sauce may be used in creaming eggs, or to pour over toast, like milk toast. It may be seasoned with a little curry-powder, and poured over hard-boiled eggs. If two ounces of cheese (instead of one) be used, the sauce is suitable for use with macaroni or rice, or for baking with crackers soaked in milk; and if, further, two tablespoonfuls of melted butter, or of palatable vegetable oil, be mixed with the flour before putting into the milk, or terralac, the sauce becomes very rich in fat, and has only a mild flavor of cheese. If two cupfuls of grated cheese, or 8 ounces (instead of one) are used, the sauce may be used upon toast as a substitute for Welsh rabbit. (Langworthy and Hunt.)

POTTED CHEESE.—One pound of cheese; three ounces of butter (or six tablespoonfuls of palatable oil); and one teaspoonful of mixed mustard. Grate the cheese, and mix it with the other ingredients; add a little mace, and cayenne pepper; beat all together with a potato masher; put it into small jars,

and pour clarified butter (or palatable oil) over it. Keep it in a dry place. (Vegetarian Cookery.)

WELSH RABBIT.—Toast some slices of bread, having cut off the crust; butter them, and keep them hot; grate, or shave down with a knife, some fine mellow cheese; and, if it is not very rich, mix it with a few small bits of butter. Add to it, in a sauce-pan, a teaspoonful of made mustard a little cayenne pepper, and, if you choose, a wineglassful of fresh porter, or of red wine. Stir the mixture over hot coals, till it is completely melted; then brown it by holding a red hot shovel over it. Lay the toast in the bottom and around the sides of a deep dish; put the melted cheese upon it, and serve it up as hot as possible, with dry toast in a separate plate. (Leslie.)

WELSH RABBIT, ANOTHER WAY.—Cook a teaspoonful of cornstarch in a tablespoonful of butter, or in vegetable oil; gradually add half a cupful of milk, or of terralac, and cook two minutes; add half a pound of cheese, and stir, until it is melted. Season, and serve up on crackers or bread toasted on one side, pouring upon the untoasted side. Food value, about that of three quarters of a pound of beef. Calculated cost (with cheese at 22 cents a pound), 13 cents. (Langworthy and Hunt.)

CHEESE ON TOAST.—Toast a slice of bread (about half an inch thick) on both sides; cut off the crust; put it on a flat dish, and butter it; lay a rather thin slice of good toasting cheese upon it; and toast before the fire in a Dutch oven. (Vegetarian Cookery.)

CHEESE TURNOVERS.—Roll some puff paste about an eighth of an inch thick; cut it in pieces two or three inches broad, and four or five long; lay some small slices of good toasting cheese on each; turn the paste over; and close it, and bake it in a quick oven. They may be served up either hot or cold. (Vegetarian Cookery.)

BAKED CRACKERS AND CHEESE, No. 1.—Split nine or ten butter crackers, or Boston crackers, or with a sharp knife cut them into pieces of uniform size. Pour $1\frac{1}{2}$ cupfuls of milk, or terralac, over them, and drain it off at once. Into a buttered baking-dish put alternate layers of the soaked crackers and of a cheese sauce made with the milk, or terralac, some flour and $\frac{1}{4}$ pound of cheese and $\frac{1}{4}$ teaspoonful of salt. Cover

with bread-crumbs, and brown in the oven; or simply reheat, without covering with crumbs. This dish is a very satisfactory substitute for macaroni and cheese, and can be made in less time. (Langworthy and Hunt.)

BAKED CRACKERS AND CHEESE, No. 2.—Soak nine or ten butter crackers, or soda crackers, in two cupfuls of hot milk, whole or skimmed, or terralac, with a quarter-teaspoonful of salt; place them in a buttered baking-dish in alternate layers with a cupful of grated cheese. Pour the rest of the milk, or terralac, over them, and bake. The dish may be covered with buttered crumbs. A very little mixed mustard may be put on each cracker. This is more quickly prepared than No. 1; but as the milk is likely to curdle, the consistency is not so good. (Langworthy and Hunt.) The terralac, however, does not curdle. Macaroni and cheese and baked rice and cheese will be discussed under macaroni and rice.

CHEESE ROLLS.—Many kinds of roll may be made by combining different kinds of cheese with pulse, either beans of various sorts, cowpeas, lentils or peas, adding bread-crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small lima beans may be mixed whole with bread-crumbs and grated cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency. Or, instead of beans or peas, chopped spinach, beet-tops, or head-lettuce may be used. Home-made cottage cheese, and the soft cream cheese of commerce, standard cheese, or English dairy may be used. (Langworthy and Hunt.)

BOSTON ROAST.—Mash a pint (or a pound can) of cooked kidney beans, or put them through a meat-grinder. Add half a pound of grated cheese, and enough bread-crumbs to make the mixture so stiff that it can be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve up with tomato sauce. The dish may be flavored with onions, chopped and cooked in butter and water. (Langworthy and Hunt.)

PIMIENTO AND CHEESE ROAST.—Put two cupfuls of cooked lima beans, a quarter-pound of commercial, or home-made, cream cheese and three canned chopped pimientos through a meat chopper. Mix thoroughly, and add bread-crumbs, until

it is stiff enough to form into a roll. Brown in the oven, basting occasionally with butter and water. (Langworthy and Hunt.)

NUT AND CHEESE ROAST.—Cook two tablespoonfuls of chopped onion in a little water and a tablespoonful of butter, or in a palatable vegetable oil, until it is tender. Mix a cupful of chopped English walnuts, a cupful of bread-crumbs, the juice of half a lemon, some salt and pepper with the water in which the onion was cooked; pour into a shallow baking-dish, and brown in the oven. (Langworthy and Hunt.)

CHEESE AND SPINACH ROLL.—Cook two quarts of spinach in water for ten minutes. Drain off the water, and add a tablespoonful of butter, or palatable vegetable oil, and salt; cook, until the spinach is tender, and chop. Add a cupful of grated cheese, and bread-crumbs enough to make a mixture so stiff it can be formed into a roll; or leave it more moist, and cook in a baking-dish. (Langworthy and Hunt.)

VEGETABLE AND CHEESE ROLLS.—Instead of the spinach just mentioned, you may substitute beet-tops, Swiss chard, or the outer leaves of lettuce. (Langworthy and Hunt.)

CHEESE WITH MUSH.—Cheese may be added to a corn-meal mush, or to mush made from any of the corn or wheat preparations now on the market. The cheese is particularly desirable when the corn-meal mush is to be fried. (Langworthy and Hunt.)

FRIED BREAD WITH CHEESE.—Scald a cupful of milk, or terralac, with half a teaspoonful of potassium bicarbonate; add half a cupful (or two ounces) of grated cheese, and stir, until it dissolves. Dip six slices of bread into this mixture, and fry in butter, or other frying fat. The potassium bicarbonate helps to keep the cheese in solution; but it is desirable to keep the milk hot while dipping the bread. (Langworthy and Hunt.)

POTATOES WITH CHEESE SAUCE.—Cut boiled potatoes into cubes, and serve them up with the sauce made with one ounce of cheese. (Langworthy and Hunt.)

SCALLOPED POTATOES WITH CHEESE, No. 1.—Put into a buttered baking-dish alternate layers of the cheese sauce made with one ounce grated cheese, and of cold boiled potatoes,

sliced or cut into dice. Cover with buttered crumbs, and bake. (Langworthy and Hunt.)

SCALLOPED POTATOES WITH CHEESE, No. 2.—Put into a buttered baking-dish alternate layers of white sauce and cold boiled potatoes, either sliced or cut into dice. Put over the top a layer of grated cheese, and then a layer of buttered bread-crumbs. Brown in the oven. (Langworthy and Hunt.)

SCALLOPED CABBAGE, OR CAULIFLOWER, WITH CHEESE.—Cauliflower or cabbage may be scalloped in either of the ways described for scalloped potatoes with cheese. Sometimes a cauliflower is boiled whole, spread with grated cheese, then with buttered bread-crumbs. It is browned in the oven, and served up with white sauce poured around it. (Langworthy and Hunt.)

CHEESE WITH SALADS.—Cheese or cheese dishes are nowadays thought an acceptable addition to salads (though the salads are already rich enough in protein; yet the added fat of the cheese is beneficial.) Neufchatel or other cheese, either plain or mixed with pimentos and olives, may be passed with lettuce, or may be cut into slices, and served up on lettuce. Cheese balls are often served up with salad. They are made of some soft cream cheese, and are frequently combined with chopped chives, olives, sweet peppers, chopped nuts, and the like, for the sake of adding flavor. Cooked egg-yolk, spinach extract, and the like are sometimes mixed in for the sake of color. If the balls are rolled in chopped olives or parsley, both color and flavor are supplied. (Langworthy and Hunt.)

PLAIN CHEESE SALAD.—Cut Edam, or common American, cheese into thin pieces, scatter them over lettuce leaves, and serve up with French dressing. (Langworthy and Hunt.)

CHEESE AND TOMATO SALAD.—Stuff cold tomatoes with cheese, and serve up on lettuce leaves with French dressing. (Langworthy and Hunt.) The tomatoes scarcely need the additional protein of the cheese; but the added fat is advantageous.

CHEESE AND PIMIENTO SALAD.—Stuff canned pimientos with cream cheese, cut into slices, and serve up one or two slices to each person, on lettuce leaves with French dressing. (Langworthy and Hunt.)

CHEESE JELLY SALAD.—Mix half a cupful of grated cheese with a cupful of whipped cream; season with salt and pepper; add to it a twelfth of an ounce of vegetable gelatine dissolved in a scant cupful of water; then, mould in a large mould, or in small moulds. When the jelly begins to harden, cover with grated cheese. The jelly should be served up on a lettuce leaf, preferably with a cream dressing, or a French dressing, to which a little grated cheese has been added. (Langworthy and Hunt.)

CHEESE SALAD AND PRESERVES.—Buttermilk cream, or ordinary cottage cheese with lettuce, or other green salad, and a small amount of rich home-made preserves, is a combination of much the same character as a dish devised by epicures with far more expensive preserves and dearer soft cheese; and is also very appetizing. (Langworthy and Hunt.)

CHEESE AND CELERY.—Cut stalks of celery that have deep grooves in them into pieces about two inches long. Fill the grooves with cream cheese salted, or flavored with chopped pimentos, and serve up with bread and butter as a salad course; or serve up as a relish at the beginning of a meal. (Langworthy and Hunt.)

BUTTERMILK CREAM SALAD DRESSING.—Half a cupful of buttermilk cream (p. 127), a tablespoonful of vinegar, a quarter-teaspoonful of salt, and cayenne pepper. This dressing goes particularly well with cucumbers. (Langworthy and Hunt.)

BUTTERMILK CREAM HORSERADISH SALAD DRESSING.—To buttermilk cream (p. 127) add a little grated horseradish and vinegar and salt. Serve up on whole or sliced tomatoes. (Langworthy and Hunt.)

OLIVE AND PIMIENTO SANDWICH, OR SALAD, CHEESE.—Mash any of the soft cream cheeses, and add chopped olives and pimientos in equal parts. This mixture requires much salt to make it palatable to most tastes, the amount depending chiefly on the quantity of pimiento used. The mixture may be spread between thin slices of bread, or it may be made into a roll, or moulded, cut into slices, and served up in lettuce leaves with French dressing. (Langworthy and Hunt.)

CHEESE SANDWICHES.—Mash, or grate, American cheese, add salt, a few drops of vinegar, and paprika, and a speck of mustard. Mix thoroughly, and spread between thin slices of bread. (Langworthy and Hunt.)

CUBAN SANDWICHES.—Cut the crusts from slices of bread. Between two slices lay, first, lettuce with a little salad dressing or salt on it; then, a slice of soft mild cheese; and finally, thin slices of dill pickles, or a little chopped pickle. (Langworthy and Hunt.)

TOASTED CHEESE SANDWICHES.—Plain bread and butter sandwiches, with fairly thick slices of cheese put between the slices, are often toasted; and, on picnics, or at chafing-dish suppers, are browned in a pan. (Langworthy and Hunt.)

MILK AND CHEESE SOUP.—Thicken three cupfuls of milk, or terralac, or part milk and part stock with $1\frac{1}{2}$ tablespoonfuls of flour, cooking thoroughly, best in a double boiler, with frequent stirring. When ready to serve up, add a cupful of grated cheese, some salt and paprika. The proteids in this soup equal in amount those of five-sixths of a pound of average beef; and the fuel value is higher than that of a pound of beef. (Langworthy and Hunt.)

CHEESE AND VEGETABLE SOUP.—Cook two tablespoonfuls of finely chopped carrots and a tablespoonful of chopped onion a short time in a tablespoonful of butter, or, say, in two tablespoonfuls of a palatable vegetable oil; add two cupfuls of stock and very little mace, boiling 15 or 20 minutes. Strain, and add a cupful of scalded milk, or of terralac. Thicken with flour cooked in a tablespoonful of butter, or in two tablespoonfuls of oil. Just before serving up, stir in a quarter-cupful of grated cheese, and cook, until it is melted. Season with $1\frac{1}{2}$ teaspoonfuls of salt. (Langworthy and Hunt.)

CHEESE PASTRY, CHEESE SWEETS AND THE LIKE.—Cheese used in pastry or dough may serve simply as a flavor, or it may wholly or in part replace with its fat the usual shortening, butter or other fat, and with its protein the protein of eggs. Hence, its use is often an economy, when eggs are scarce. Better results are obtained, if soft cheese be used to work into the dough, much as butter or other shortening is. The flavor is to some an advantage; though a very mild cheese does

not much affect the flavor in combination with molasses and spice. (Langworthy and Hunt.)

CHEESE BISCUIT, No. 1.—Mix two cupfuls of flour, four teaspoonfuls of baking powder, two tablespoonfuls of butter, or vegetable oil, $\frac{7}{8}$ cupful of milk, or terralac, and $\frac{1}{4}$ teaspoonful of salt, in the same way as for baking-powder biscuits. Roll thin, divide into two parts; sprinkle one half with grated cheese; lay the other half of the dough over the cheese; cut out with a small cutter; and bake. (Langworthy and Hunt.)

CHEESE BISCUIT, No. 2.—Mix, and sift, two cupfuls of flour, four teaspoonfuls of baking-powder and $1\frac{1}{2}$ teaspoonfuls of salt; then work in $\frac{1}{4}$ pound of soft cheese with a fork, or with the fingers; and add a cupful of water gradually. The water may be more or less, according as the particular flour used is capable of taking up moisture. Toss the dough on a floured board, and roll out, and cut with a biscuit-cutter. Place in a buttered pan, and bake in a quick oven from 12 to 15 minutes. The biscuit may be sprinkled with cheese before being put into the oven. If the cheese is soft enough, it may be measured, just as butter is; and $\frac{1}{2}$ cupful would be used. (Langworthy and Hunt.)

CHEESE WAFERS.—Spread grated cheese on thin crackers, heat in the oven, until the cheese is melted. Serve up with soup or salad. (Langworthy and Hunt.)

CHEESE RELISH.—Spread grated cheese over bread which has been toasted, or fried in deep fat; then heat in the oven, until the cheese is melted. Serve up with salad, or as a relish to flavor some dish such as boiled rice or hominy, which has no very marked flavor. (Langworthy and Hunt.)

CHEESE STRAWS.—Roll out plain or puff paste, until it is one fourth of an inch thick. Spread one half of it with grated cheese. Fold over the other half, and roll out again. Repeat the process three or four times. Cut into strips, and bake. Serve up with soup, or salad. (Langworthy and Hunt.)

SALAD BISCUIT.—Mix the same ingredients in the same way as in cheese biscuit, No. 2, but using half a pound of cheese. If the cheese is hard, mix in the same way as in cheese biscuit, No. 1. (Langworthy and Hunt.)

CHEESE GINGERBREAD, No. 1.—Heat a cupful of molasses and four ounces of cheese in a double boiler, until the cheese is melted. Add a teaspoonful of soda, and stir vigorously. Mix and sift two cupfuls of flour, two teaspoonfuls of ginger and $\frac{1}{2}$ teaspoonful of salt, and add them to the molasses and cheese alternately with half a cupful of water. Bake 15 minutes in small buttered tins. (Langworthy and Hunt.)

CHEESE GINGERBREAD, No. 2.—Rub together four ounces of cheese and half a cupful of sugar; add half a cupful of molasses. Mix and sift two cupfuls of flour, one teaspoonful of soda and $\frac{1}{2}$ teaspoonful of salt; and add them to the cheese mixture alternately with $\frac{3}{4}$ cupful of water. (Langworthy and Hunt.)

BROWN BETTY WITH CHEESE.—Arrange alternate layers of bread-crumbs and thinly sliced apples in a deep earthenware baking-dish. Season with cinnamon, and, if you like, with a little clove, and brown sugar. Scatter some finely shaved full-cream cheese over each layer of apple. When the dish is full, scatter bread-crumbs over the top, and bake 30 to 45 minutes placing the dish in a pan of water, so that the pudding will not burn. If you prefer, sweeten with molasses and an equal amount of hot water poured over the top; half a cupful of molasses being enough for a quart pudding-dish full. Cheese may be used instead of butter in other apple puddings. Apple pie made with a layer of finely shaved cheese over the seasoned apple, and baked in the usual way, is liked by many who are fond of cheese with apple pie. (Langworthy and Hunt.)

CHEESE CAKE PIE.—Beat eight eggs, and put them into a quart of boiling milk, and boil, until they become a curd; drain through a very clean sieve, until all the whey is out. Put the curd into a deep dish, and mix it with half a pound of butter, working them well together. When it is cold, add the beaten yolks of four eggs and four large tablespoonfuls of powdered white sugar, and a grated nutmeg. Lastly, stir in, by degrees, half a pound of dried currants that have been picked over, washed, dried and dredged with flour. Lay puff paste around the rim of the dish, and bake the cheese cake half an hour. Send it to the table cold. (Leslie.) The dried currants can, of course, be omitted; and the cheese cake may be baked in a complete shell of paste.

FOODS OF VEGETABLE ORIGIN.

VEGETABLES.

STRUCTURE.—Plants consist of innumerable cells, each with a thin membranous wall enclosing a semi-fluid mass, in which lie the nucleus of cell activity and minute grains of starch or other material. The cell walls (called cellular tissue, or cellulose) make up the whole framework of very young plants; but soon, wood-cells begin to form, and grow into thread-like woody fibre. The hardening of the cellular tissue and the woody fibre make poorly grown, or stale, vegetables hard and indigestible. Chlorophyll, the coloring matter of green plants, is bleached out, or not formed (garden-blanching, or bleaching), when light is excluded by heaping the earth about them, or tying them in bags; and, at the same time, the cells become larger with thinner walls, the leaves smaller, the stems longer, the percentage of water in composition becomes higher, and the plant more tender to eat. (Parloa.)

PREPARATION AND COOKING IN GENERAL.—The simpler the methods of cooking and serving vegetables, the better; but badly cooked, water-soaked vegetables are apt to be indigestible. For the best dishes, only fresh, tender vegetables should be cooked. If a vegetable has lost its firmness and crispness, before cooking, it should be soaked in very cold water until plump and crisp. With new vegetables, that is effected in a few minutes, but with old roots and tubers it often takes many hours. All vegetables should be thoroughly cleaned just before cooking. All except dried pulse are best put into water that is already boiling and the water made to boil again as soon as possible, and kept boiling, until the end of cooking. During the cooking, the cover must be drawn to one side of the stew-pan, to allow the escape of the volatile parts. The cooking should be thorough, but should stop while the vegetable is still firm, except in the case of thick strained soups, or mashes. In most cases, the best seasoning is salt and good butter (or sweet oil). Garden-blanching vegetables cooked with butter and other seasonings and very little moisture are more savory and nutritious than if cooked in much clear water. (Parloa.)

-CHANGES DURING COOKING.—In cooking, the cellular tissue softens and loosens; the nitrogenous substances, or pro-

teids, coagulate; the starch granules absorb moisture, swell and burst; and flavors and odors arise. Above 125 degrees Fahrenheit, changes go on, especially in the starch, and in odor, color and flavor. Starch does not dissolve in cold water, but gelatinizes in hot water, and, if very hot, becomes gummy and opaque. Starch cooked in just moisture enough to swell and burst its granules, and then kept hot without more moisture will continue to change, though still dry and glistening. The flavor grows sweeter and more nutty, the longer the starchy food cooks in dry heat. Only vegetables composed largely of starch can be kept hot in this way without acquiring a strong taste and poor color. In cooking, gases are formed, which, if retained in the food, give it a strong flavor and odor, and are probably harmful. Carbonic acid gas is yielded by practically all foods; and sulphuretted hydrogen, or other volatile sulphur compounds, by practically all, except the starchy vegetables. With thorough ventilation, the gases pass off in the steam, and the flavor is left better, and the wholesomeness improved. Overcooking toughens the texture of vegetable foods, and destroys the chlorophyll and other coloring matters, and volatilizes, or injures, the bodies that contribute to the flavor; and consequently deteriorates the appearance, flavor, digestibility and palatableness. (Parloa.)

KITCHEN-BLANCHING.—Blanching in the kitchen (not garden) is often used with vegetables to remove a strong or acrid taste and improves the quality; and can be done at any convenient time, leaving the cooking to be finished shortly before serving the dish up. Into a large stew-pan half full of rapidly boiling water put a tablespoonful of salt for every two quarts of water. Drop the cleaned and well drained vegetables into the water, and as quickly as possible make it boil again. Boil rapidly five to twenty minutes, according to the vegetable; then drain off the water. If the cooking is not to be finished at once, pour cold water over the vegetable to cool it quickly; then drain and set it aside until needed. If the cooking is to be continued at once, do not rinse the vegetable with cold water; but put it into a small stew-pan with butter and the other seasonings, and cook gently, until it is done. A few spoonfuls of liquid are enough for every quart of very juicy vegetables, and half a pint for drier ones. The stew-pan should be covered, except a slight opening for ventilation. Vegetables cooked in this way should be cut up rather small, either before or after the blanching. (Parloa.)

SHOOTS.

ASPARAGUS.

The season for asparagus is April and May. You must choose it very fresh, newly cut, without rusty spots and not insect-eaten; the head of the asparagus is of a fine violet color, and the rest very white; the green kind is less delicate. (Fr.)

Treat this delicious spring vegetable very simply, yet carefully. (Parloa.)

ASPARAGUS ON TOAST.—Cut off the woody part, and scrape the lower part of the stalks. Wash well, and tie in bunches. Put into a deep stew-pan, with the cut ends resting on the bottom of the pan. Pour in boiling water to come up to the tender heads, but not to cover them. Add a teaspoonful of salt for each quart of water. Boil until the asparagus is tender; from 15 to 30 minutes according to its freshness and tenderness; with the cover partially off the pan. Arrange the cooked asparagus on some slightly buttered slices of well toasted bread on a platter; season with butter and a little salt; and serve up at once. Save the water from the boiling, to use in making vegetable soup. If preferred, a cream dressing may be served up with asparagus. (Parloa.)

ASPARAGUS WITH WHITE SAUCE.—Scrape the asparagus, wash it, and cut it into equal lengths; tie it up in little bunches. Boil in a sauce-pan or kettle, with a little salt, and water enough to cover the asparagus completely; when the water boils with big bubbles, put the asparagus in, and let it cook; it needs about a quarter of an hour; to be good, asparagus should be a little crisp. Drain, cut the strings, serve up on a napkin folded in lozenge shape, with a Norman or Parisian white sauce in a sauce-boat. (Fr.)

ASPARAGUS WITH OIL.—Let the asparagus cook as if to be eaten with a white sauce; take it from the water, and let it cool a little; eat it with oil, vinegar, salt and pepper. (Fr.)

BOILED ASPARAGUS BITS.—Cut all the tender part of the asparagus into short pieces. Add enough water just to cover them; boil, until they are tender (about 15 minutes); season with salt and butter; and serve up in the greater part of the juice. (Parloa.)

ASPARAGUS LIKE GREEN PEAS.—Take very green and small asparagus, but very fresh, tender and sound; cut it into small

bits hardly as large as the end of your little finger, stopping when you come to the hard part; cast into boiling water for a minute or two; drain; put into a sauce-pan with some butter, a lump of sugar, an onion, two or three spoonfuls at most of water; let it cook with a small fire, with the sauce-pan covered, half an hour at most; take out the onion; thicken with two yolks of eggs, or one yolk and one or two spoonfuls of cream (p. 118). (Fr.)

MILK-WEED SHOOTS.

The young shoots of the milk-weed are almost as delicious as asparagus, when cut into short pieces and cooked like asparagus so cut up; in fact, the milk-weed and asparagus may be cut up and cooked together. (Parloa.)

SEA KALE.

Sea kale is a delicious spring vegetable. It requires practically the same culture as asparagus, and the young shoots are cooked in the same way as asparagus. Sea kale may be cut the third year from sowing the seed. Cutting should not be continued after the flower heads begin to form. The flower heads may be cooked in the same way as brocoli. (Parloa.)

SHOOTS OF BRIERS AND HOPS.

BRIER SHOOTS OR HOP SHOOTS WITH WHITE SAUCE.—Take some new shoots of briers or hops; remove all that is hard and woody of the stem; cook them eight or ten minutes in boiling water with a little salt; drain them well; serve up, with a Parisian or Norman white sauce (p. 120) in a sauce-boat. (Fr.)

BRIER SHOOTS OR HOP SHOOTS LIKE GREEN PEAS.—Take new shoots of briers or hops, and prepare them like asparagus in green pea fashion (p. 148). (Fr.)

POKE STALKS.

When the young poke stalks are not larger than a man's little finger, and show only a tuft of leaves at top, a few inches above ground, is the time to gather them. They are unfit for table use when larger and older. Scrape the stalks, but do not cut off the leaves. Lay in cold water, with a little

salt, for two hours. Tie in bundles, as you do asparagus, put into a sauce-pan of boiling water, and cook fast three-quarters of an hour. Lay buttered toast in the bottom of a dish, untie the bundles, and pile the poke evenly upon it, buttering very well, and sprinkling with pepper and salt. This is a tolerable substitute for asparagus. (Harland.)

BAMBOO SHOOTS.

In Japan, China, Java and perhaps other warm countries, the very young shoots of the bamboo are eaten, after being sliced into small pieces, and cooked (say, by stewing).

BRAKE SHOOTS.

The early, downy shoots of the brake fern are cooked (say, by stewing or frying) and eaten, in Japan.

MUSHROOMS.

It is prudent to know mushrooms well; it is prudent even among the good kind, not to use the old ones with black wattles. Cleanse the mushroom from all spots and from the earth which soils them; even peel off from some of them the little skin above, and throw them as you do so into water mixed with a little vinegar, which hinders them from turning red. Drain them well before putting them into the stews which you wish them to garnish and to flavor. The cultivated mushroom, which is the one most generally used ought to be chosen very white, firm, full, without any cavity between the head and the stem. (Fr.)

MUSHROOMS FOR GARNISHING.—Take ball-shaped mushrooms that are of about equal size. Clean them, leaving a part of the stem; and wash them well. Take them from the water, and dry them with a cloth. If they are left too long in water, they lose some of their flavor. Put them into a sauce-pan with (for 25 or 30 medium-size mushrooms) an ounce of butter, two tablespoonfuls of water and a little salt. Stir, and stew them over a quick fire, and let them cook five minutes, shaking the sauce-pan often, so that they will cook equally. Use mushrooms so prepared for sauces and garnishing. If you do not use them at once, you can keep them in a pan, but take pains to cover it with paper, to prevent those

that are not completely under water from turning black. The liquid from the cooking can be used to flavor sauces. (Fr.)

STEWED MUSHROOMS.—Clean and wash some mushrooms well. For 25 or 30 medium-size ones, put into a sauce-pan two ounces of butter; let it brown slightly; put into it the mushrooms with salt, pepper and a spoonful of fine herbs (parsley and shallot) chopped fine. Sprinkle them with half a spoonful of flour; stew them over a quick fire for five minutes; moisten them with a little water and broth; let them cook one or two minutes longer; serve up. (Fr.)

STEWED MUSHROOMS IN PROVENCAL FASHION.—Cleanse and wash some mushrooms well. Put them into a sauce-pan with one or two spoonfuls of olive oil, some salt and pepper, and a very little garlic chopped fine; stew them with a quick fire for five or six minutes; sprinkle them with a little flour; stew them one or two minutes; add a spoonful of water and two of white wine, or two spoonfuls of water and one of brandy, some parsley and shallot chopped fine. Boil them two or three bubbles, and serve up. (Fr.)

MUSHROOMS IN PULLET FASHION.—Cleanse and wash some mushrooms well. Scald them one or two minutes with boiling water; put them back into the cold water and drain them well. For 30 or 40 medium-size mushrooms, put into a sauce-pan some butter as large as an egg, and a tablespoonful of flour. As soon as the butter is melted and well mixed with the flour, moisten with half a cupful of water, and add salt and pepper; let simmer for ten minutes. Put in the mushrooms; let them cook five or six minutes; thicken with two yolks of eggs; or with one yolk and two spoonfuls of cream (p. 118). (Fr.)

MUSHROOMS ON TOAST.—Prepare mushrooms in pullet fashion, as just indicated. Serve them up on a fine slice of bread fried in butter. The mushrooms can also be served up in little trays made of bread (p. 287). (Fr.)

MUSHROOMS ON SHELLS.—Prepare mushrooms in pullet fashion as already indicated. Put them into some shells; scatter over them fine bread-crumbs; sprinkle with melted butter by means of a strainer, and let them brown in a red hot field-furnace (a Dutch oven). (Fr.)

FRENCH BROILED MUSHROOMS.—For broiling, mushrooms should be large and open. Cleanse them well; take out the stem, and place them on the griddle, the hollow side up; fill the hollow with a little butter, salt, pepper and fine herbs chopped fine; let them cook four or five minutes with a fire that is not too lively. Serve up on a little melted butter. (Fr.)

BROILED MUSHROOMS.—Peel some good-sized mushrooms, and cut off the stalks; put them in a tin with a small piece of butter (or some palatable oil) on each; season with pepper and salt, and let them stay in the oven till rather brown on both sides; take out the mushrooms, pour a little water (in which the stalks and parings have been boiled) into the tin, and when it boils, pour it on the dish. (Vegetarian Cookery.)

FRIED MUSHROOMS.—Pare the mushrooms, which should be large ones, and put them in water, the brown side downwards; drain them carefully, on a sieve or colander; lay them between two cloths till nearly dry; sprinkle them over with salt and pepper; and fry them a light brown. (Vegetarian Cookery.)

STEWED MUSHROOMS.—Wipe some large button mushrooms; boil them quickly in a little water; then let them stew gently twenty minutes; adding a piece of butter (or a little palatable oil), mixed with a dessertspoonful of flour, a little pounded mace, cayenne pepper and salt; boil them, frequently shaking the pan round during the time, and when they are done, add a little good cream (or terralac). (Vegetarian Cookery.)

STUFFED MUSHROOMS.—For twelve persons, have 15 or 16 medium-size mushrooms, of about equal size. Cleanse and wash them well; drain them well on a cloth. Cut off and chop up the stems. Put into the sauce-pan an ounce of butter (or two tablespoonfuls of palatable oil) and a spoonful of flour; let it melt, and brown a little, over a lively fire; put into it the chopped mushroom-stems; two spoonfuls of parsley chopped fine, half a spoonful of shallot, salt and pepper. Turn one or two minutes on the fire; add a cupful of water or of broth. Boil down seven or eight minutes with a lively fire. Put into a plate that can go over the fire two spoonfuls of oil; set upon it the mushrooms with the hollows up; fill them with the stuffing which you have prepared. Scatter over

them a little bread crumbled fine, or some bread chippings. Let them cook ten minutes with a fire above and below; serve up. (Fr.)

MUSHROOM PIE.—Mushrooms, potatoes; and two ounces of butter (or four tablespoonfuls of palatable oil). Peel the mushrooms, and if they are rather large, cut them in pieces; add about the same quantity of potatoes, pared and sliced; put them in a pie-dish with the butter (or oil) and a little water; season with pepper and salt; cover with paste, and bake it. Stew the parings and stalks of the mushrooms half an hour in water; then strain, and pour the liquid into the pie when baked. (Vegetarian Cookery.)

MUSHROOM CATCHUP.—Nicely pick over, and carefully wipe clean, but do not wash, freshly gathered mushrooms that have been closely scrutinized to make sure they are of the right kind. Spread a layer of them at the bottom of a deep earthen pan, or jar, and then sprinkle them well with salt; then spread another layer of mushrooms, and another layer of salt, and so on alternately. Throw a folded cloth over the pan, or jar, and set it by the fire or in a very cool oven. Leave it so for 24 hours, and then mash them well with your hands. Next squeeze, and strain them through a bag. To every quart of the strained liquor add an ounce and a half of whole black peppers; and boil slowly in a covered vessel for half an hour. Then add a quarter of an ounce of allspice, half an ounce of sliced ginger, a few cloves, and three or four blades of mace. You may also add cayenne and nutmeg, if you like. Then boil fifteen minutes longer (the longer catchup is boiled, the better it will keep), take it off, and let it stand a while, to settle. Pour it carefully off from the sediment, and put it into small bottles, filling them to the top. The bottles should be quite small, as it soon spoils after being opened. Secure them well with corks dipped in melted rosin, and with leather caps tied over them. (Leslie.)

FRENCH MUSHROOM CATCHUP.—Cleanse and wash some mushrooms well; put them into a pan, and cover them with a layer of fine salt; leave them so one or two days, at most. Press them strongly, so as to draw out the juice. Boil this juice with pepper, spices, one or two cloves; skim well; when no more scum forms, strain, and put into bottles; cork carefully

and keep in a cool place. Put a little into the sauces you wish to flavor. (Fr.)

CANNING MUSHROOMS.—For cultivated or wild mushrooms: Cleanse them well, and wash with several waters. Let them boil two or three minutes in boiling water; throw them into cold water and drain them; put them into jars with about enough water to cover them, add a little salt, close the jars hermetically, and tie them. Put your jars into a kettle with hay about them so that they will not break in boiling. Fill the kettle with water so as to cover the jars completely; boil 25 or 30 minutes. Take the kettle from the fire; but do not take the jars from the kettle until the water is completely cold, lest you crack them at contact with the air. When the jars have thus been taken from the water, let them dry two or three days. Cover the stoppers or covers with wax, and put the jars away in a dry and cool place. Mushrooms so prepared will be used with their water, which is commonly very strongly flavored. (Fr.)

MORELS.

There are many cities in France where morels, of the botanical genus *Phallus*, are unknown; but it is a plant of very agreeable taste, approaching that of the common mushroom, and even that of truffles. The morel has a little the appearance of a sponge. It is found in April and May on the edge of wet ditches, at the side of woods, of hedges, and at the foot of elms and ash trees. There is a black variety and a gray, which is preferred. The morels are used in the same ways as common mushrooms, but particularly for garnishing; only, in stews, they are less delicate than common mushrooms, on account of the strength of their flavor. It is necessary to pick them over with great care; it is still better to cut them in two, or even in quarters; for the inside is often full of earth and insects. Morels are preserved by drying. (Fr.)

DRYING CEPES AND MORELS.—For cèpes (*Boletus aereus*, and *B. edulis*), chanterelles and morels (*Phallus*), the better way to preserve them is by drying. Pick them over, and clean them; but do not wash them. String them in festoons, so that they do not touch one another, hang them in a very dry

place. When you wish to use these dried mushrooms, let them soak a quarter of an hour in cold water, drain them well and then make use of them. (Fr.)

TRUFFLES.

Choose large, heavy, round truffles, black above and mottled within, as firm as possible, of an agreeable odor, they should be washed cold in several waters and brushed with a brush, until it is certain that not a grain of sand remains. Peel them, whenever you use them in stews; and put the chopped peelings in the stuffings. (Fr.)

PLAIN TRUFFLES.—Wash and clean some truffles well, wrap each one in five or six pieces of paper, which you afterwards moisten, and let them cook in the hot ashes for a long hour, take off the paper, wipe the truffles, and serve them up on a napkin. (Fr.)

CANNING TRUFFLES.—Choose black and very firm truffles. Cleanse the earth from them; wash them one by one in cold water, rubbing them carefully with a brush, so as to remove all the earth; above all, do not let them soak in the water. When all the truffles have undergone this first cleansing, examine them again; clean those that have not been perfectly cleaned by the first operation; and finally wash them all, until the water is altogether clean. Wipe them one by one with a cloth, and leave them spread out on another cloth, until the next day, so that they will dry well. Place them in earthen pots, and pour on them melted butter enough to cover them completely; let them cool; cover with a paper, and keep in a dry cool place. Each time that you need to use any of them, you will melt a little butter, so as to fill the void and prevent the other truffles from remaining in contact with the air. This method of preserving truffles is excellent. They can be kept several months with all their flavor; and besides, the method is inexpensive, for the butter which quickly takes the place of the precious tubercle that it encloses, can be used to make omelets, to put into scrambled eggs and into many stews, which it flavors agreeably. (Fr.)

SOME OTHER MUSHROOMS.—The French cèpes are excellent mushrooms of the genus *Boletus*, species *aereus* or *edulis*, and are said to be dried and sent to market from southwestern

France, and sold cheap. They are also canned in oil. They appear to be the same as the *matsudake* (pine mushroom), a favorite mushroom in Japan. In that country, the *shiitake* (live-oak mushroom) is the most used, and is extremely common in the dried form, clean and good. There is also the *yanagidake* (willow mushroom), an excellent food. The Chinese dried mushrooms are also to be found in Chinese shops in America; but need careful inspection and washing on account of the worms that are apt to infest them. Italian shops in America, too, have dried mushrooms of good quality, and clean from insects, having been imported in large tin boxes soldered tight. Other shops have dried mushrooms from Russia, on strings. There are many edible varieties of mushrooms growing wild in America, and many of them are delicious, but comparatively few men are expert enough to distinguish the good kinds from the bad.

PULSE.

REMOVING THE SKINS.—Beans are soaked in soda and water, and parboiled, to remove the skins, and some of the seed-germ is also thereby removed. Snyder considers that treatment with a small amount of soda and salt in cooking is an advantage, since it hinders the formation of gas. The entire removal of the skins by sifting is advisable, when they seem to disagree with anybody. Specially prepared dried beans are sold from which the skin and germ have been removed, with the idea of making the product more wholesome. (Abel.)

DRIED PULSE.—A well dried bean is smooth and shining; one poorly dried may be of inferior quality, with folds in the skin. The best beans are of uniform size, not too small, nor a mixture of different kinds. The larger ones are generally preferred, because they have a smaller proportion of skin; but some varieties of small beans have a thin skin and fine flavor. Heavy, well-filled beans bring a higher price. The value further depends on whether the bean or pea cooks soft, which can only be ascertained by trial. (Abel.)

GENERAL PREPARATION OF DRIED PULSE.—The skin of ripened and dried pulse is tough, leathery and indigestible. From the pea and lentil it is easily removed; also from many kinds of beans, after soaking and stirring in water, the skins rise to the top and may be skimmed off. Lima beans after soaking may easily be freed from the skins by pressing between the fingers. Soda is often used to soften the bean skins, so as to remove them before baking. A teaspoonful (a fifth of an ounce) of baking soda dissolved in a gallon of water is enough. The skins are about one-sixteenth of the weight of the dried bean, but are mostly crude and difficultly digested fibre, with comparatively little protein. The soda has been found to make the beans more quickly digestible, and to quicken the cooking. Soda, too, may in some degree tend to counteract the bad effect of the hard water of wells or rivers containing lime or magnesia, which retard the cooking, and give a less easily digestible result, and to which distilled water, or rainwater, is preferable. The soft water should, if possible, be used both for soaking and cooking. If hard water be used, it would better first be boiled and poured from the sediment.

Soaking in fresh water seems, also, to remove a certain bitter taste, especially noticeable in lentils. All dry pulse needs long cooking to bring out the proper flavor; some say as long as twelve hours. The addition of butter not only improves the flavor, but supplies the fat lacking in the pulse, and makes a better balanced food. Roasting (except for the peanut) is not common among us, but is used in the old world, and is a highly effective and rapid method, and the result is palatable, especially if the skin be first removed. (Abel.)

ROASTED PULSE.—Roasting is almost our only way of preparing the peanut, yet we seldom or never so treat the other kinds of pulse. But in the Mediterranean countries, the pea and lentil are roasted, and form a regular article of food. In India, peas are parched in hot sand. Roasting has some advantages, especially for those who have only primitive appliances. Peanuts may be roasted with a handful of charcoal, while at least two hours of stewing are needed to soften them. Likewise, the chickpea can be parched over coals in a few minutes, and thereby made edible, with a taste reminding of popcorn and roasted chestnuts. There is a slight bitterness, due, probably to the skin, which does not slip off in roasting, as the peanut skin does; and when the skin is removed with half an hour's soaking, before roasting, the product is improved. It is used as a substitute for coffee. Our common split peas are also palatable, when parched; they are very hard, but in India they are ground and cooked after parching. (Abel.)

SALTED BEANS.—String-beans are salted for winter use, and can be kept for months. Meanwhile a bacterium works a change in them similar to that effected by the fermentation of sour-crust; the vegetable fibre is softened, and certain flavors are given by the process. Such beans are a favorite German winter vegetable. Before cooking, they are soaked over night to remove the salt. (Abel.)

COOKING SHELL BEANS AND GREEN PEAS.—The cellulose, so woody in the ripened seed, is, when young, still tender and easily cooked, and the flavor is excellent. Each hour after their removal from the vines increases the length of time necessary for their cooking. They should be stewed rather than boiled, with water only enough to moisten them, and the

seasonings, including plenty of butter, should be added while the beans, or peas, are only half cooked. Some like a sprig of mint to be added to green peas when cooking; but, in general, so delicate a flavor as that of green peas should not be covered by any strong or pungent additions. The French have a special dish, variegated green beans, a mixture of the young shelled bean with string beans. To preserve the flavor, green beans, peas and string-beans should not be overcooked. If cooked only until tender, they retain their attractive color; when overcooked they turn yellow, or brownish, and are much less palatable. (Abel.)

CANNED BEANS AND PEAS.—Much of the tastelessness of canned peas is said to be due to throwing away the water the peas are boiled in during the process of blanching. (Abel.)

PULSE FLOUR.—Pulse when ground into flour, and cooked in soup, or baked in cakes, is much more completely digested than when cooked whole; but at present such flour is found, in the market, only mixed with the flour of cereals, and sold under various trade names as a nutritious and digestible food, especially for invalids. In preparations for the market, it has been cooked for a long time under pressure. In some European countries, bean flour is mixed with wheat flour for bread making, especially with wheat deficient in gluten, or when the gluten has deteriorated from the grain's sprouting in wet seasons. An addition of two to four per cent. is thought to improve the bread. (Abel.)

SOUP OF DRIED PULSE.—For six: Let a pint of dried soy beans, broad beans, peas (either whole green, split green or split yellow), dried beans (either navy beans, frijoles, Roman, scarlet runner, red, white, black, or lima beans), lentils, or the white meat of roasted peanuts be carefully and very thoroughly washed, with rubbing and repeated changes of water, much as recommended for rice (in order to remove not only accumulated dust and dirt, but also all traces of mould or mustiness), and then soaked some hours, or over night, in cold water. Put them on the fire in a double boiler with enough cold water to cover them completely. When they are cooked, at the end of about an hour, or more, mash them and put them through a strainer, pressing them well, so that only the skins will be left. You should have at least three pints of the

mash, and it should not be too thick; if it is, you will add a little water. Slightly brown some butter as large as an egg, or use four tablespoonfuls of olive oil, or of other palatable oil; put the mash into it with some slices of bread; season with a little salt; let it simmer a quarter of an hour; stirring it from time to time (if a double boiler be not used), so that the mash will not stick to the bottom; serve it up. You can also make this soup with milk (or terralac); and then you must put in a little less water and a little less butter, or oil; at the moment of serving up, add a pint of milk (or terralac), bring it to a boil, and serve up. You can also add a little of onion chopped fine. Cook the onion slightly in the butter (or oil) before adding the mash. Also, instead of putting in bread, you can, at the moment of serving up the soup, pour it upon a saucerful of small fried bread-bits (p. 286). In white or red bean soup, you can add a handful of French sorrel chopped fine; many like it with this flavoring; but when you put in sorrel, do not put in any onion, and do not brown the butter. (Fr.)

SOUP TABLETS AND PEA SAUSAGE.—Finely ground peas, beans and lentils form the basis of many soup tablets and condensed foods widely used by armies, explorers, and the like.

The best known is the "pea sausage" which did good service for the German troops in war time. It consists of pea and lentil flour well cooked, evaporated, and mixed with a proportion of bacon, the proper seasonings and some preservative. Mixed with hot water it made a very nutritious soup for the soldier. Though considered invaluable in emergencies, its continuous use brought on digestive disturbances (due probably to the preservative), and the eater soon tired of the taste (perhaps owing to the bacon with its excess of protein and fat). (Abel.)

SOY BEAN.

The soy bean of China and Japan is perhaps the most important food plant there, next to rice. The bean is eaten to a small extent boiled like other beans; but is generally elaborated into a variety of products remarkably rich in protein and fat and therefore going well with rice so deficient in those constituents. Soy sauce is a thick brown, very salty, pungent and agreeable tasting liquid made from a mixture of

the cooked bean with roasted wheat flour and salt fermented for some years in casks with a special ferment. It is the main part of Worcestershire sauce, Harvey's sauce, and perhaps of some other English sauces. From this bean, also, there are made several important varieties of bean cheese, or bean curd, namely, natto, miso and tofu. (Abel.)

For NATTO, the beans are boiled several hours, until very soft; small portions of the hot mass are wrapped in straw bundles and placed in a heated, tightly closed cellar for 24 hours. Bacteria, probably from the air or from the straw, work in the mass, producing an agreeable change in its taste. (Abel.)

Miso is made by boiling the soy bean, and then mashing it to a paste, and letting it dry for about three months; then mixing with it to a paste some rice-malt (about three-fifths the quantity of the miso) and some salt and water, putting it into a tub or cask, closing it up and allowing it to ferment one year; then, it tastes bad, and is pounded up in a large wooden mortar, put again into the cask, allowed to ferment a second year, and the taste is much improved, and it can be used; but a third year of like treatment still further improves it. (R. Takahashi.)

For TOFU, the bean is soaked, crushed and boiled in a good deal of water and filtered through cloth. To the filtered milky liquid two per cent. of concentrated sea-brine is added, and probably by its calcium and magnesium salts, precipitates the vegetable casein, or bean curd, which is then pressed into little snow-white tablets. It is made fresh every day; and unlike natto and miso, requires no bacteria or ferment. (Abel.) It is sometimes cooked in sesame oil, or rapeseed oil, before being eaten (*aburage*); and if good oil is used, is delicious. Tofu that has been frozen (*koritofu*) keeps long, and is exported to America, as *aburage* also is.

SUBSTITUTES FOR MILK AND CHEESE.—The Chinese in Paris have been urging the culture of the soy bean. The seeds, when boiled, mashed and pressed, yield both milk and cheese; if thinned with water, a very good substitute for animal milk; and if coagulated with mineral salt, a cheese that is usually eaten fresh, though it may be preserved by salting or smoking, after being cooked. Three varieties of the cheese are

common in the oriental markets; a fermented kind, white, yellow, or gray in color, with a piquant taste, like roquefort; a salty and white kind, like goats' milk cheese; and a third kind, smoky and resembling Gruyère. The soy cheese costs about a fiftieth as much as animal cheese; and in nutritive value, like the vegetable milk, compares very favorably with the ordinary products of the cow. ("Phila. Ledger," Sept. 27, 1906.)

COMPARISON WITH EGGS, MILK AND CHEESE.—The following table of the percentage composition (disregarding water) of the soy bean and its products (computed from the figures given by Abel) and of eggs, cheese and milk (computed from Atwater's figures) shows clearly the degree of their resemblance and their relative food values:

	Protein	Fat	Carbo- hydrates	Ash
Natto	48.9	27.9	19.5	3.7
Fresh tofu	45.5	30.9	19.1	4.5
Soy bean	38.1	18.8	37.8	5.3
Swiss miso	30.2	15.9	24.0	29.9
Soy No. 1. Unstated 10.5 per cent.	22.7	...	13.9	52.9
Soy No. 2. Unstated 11.3 per cent.	22.6	...	12.5	53.6
Red miso	20.3	—54.5—		25.2
White miso	11.6	—75.0—		13.4
Eggs	56.2	39.9	...	3.9
Cheese, full cream	39.4	31.2	3.6	5.8
Cheese, cheddar	38.2	50.7	5.6	5.5
Skim milk	35.8	3.1	53.7	7.4
Whole milk	25.4	30.8	38.4	5.4

It is seen that natto is not far inferior to eggs in protein and fat (indeed, regarding the water, would be closely their equivalent, if mixed with half its weight of water), besides having some carbohydrates; and that natto and fresh tofu are decidedly richer in protein and carbohydrates than cheese, though having only about three-fifths as much fat; and that natto and fresh tofu are (disregarding water) much richer in protein than whole milk, or even skim-milk, and about as rich as whole milk in fat, besides having about half as much carbohydrates as whole milk; and that soy contains about as much protein as whole milk; Swiss miso, more than as much; red miso, nearly as much; and white miso nearly half as much, and that the soy bean (and probably its milk, approximately)

has a little more protein and an equally less amount of fat than cow's milk, but otherwise a closely similar composition. After all, the comparative amounts of protein are the most important features; for it is easy to add fat in the form of oil or butter, and to add carbohydrates in the form of sugar, starch or any one of many vegetables or vegetable products, making a food even much superior to eggs, milk or cheese.

BROAD BEAN, OR WINDSOR BEAN, OR MAZAGAN BEAN.

Quite small broad beans are very delicate, far more so than can be conceived by those who have only eaten them fully developed. In shelling them, be careful to take off the sort of crescent at their head, for it has a bitter taste. (Fr.)

BOILING BROAD BEANS.—When broad beans are young, boil them until tender, and serve them up with butter, pepper, salt; and chopped parsley, if relished. When they are old, boil them until the outer skin slips off, and then boil until they are tender; mash them fine, season with butter, pepper and salt. (Haskell.)

BROAD BEANS IN PULLET FASHION.—Choose broad beans not yet fully developed. Shell them, discarding the bitter part. Boil them in a sauce-pan, or kettle, over a big fire, with water enough to cover the beans completely; season with a little salt. When the water boils with great bubbles, put the beans in, and resume the boiling, taking good care not to put the cover on. It needs a quarter of an hour of cooking from the time when the water begins to boil again. Make a pullet sauce (p. 121), not too dilute, put into it the well drained beans, salt, pepper and a spoonful of savory, chopped very fine. Simmer a few minutes, thicken with yolks, or with yolks and cream (p. 118), and serve up. (Fr.)

BROAD BEAN SOUP.—See p. 154.

PEANUTS.

Peanuts, as is seen in our food table and diagram, are in composition much like nuts, though in reality, only a kind of pea. They are easily digestible, if well masticated; but if

not freshly roasted, are apt to be insufficiently comminuted in chewing, and to be therefore highly indigestible in large, very compact, hard bits.

ROASTED PEANUTS.—As raw peanuts are unpalatable, it is customary to roast or bake them before selling them at retail. Though the dealers have little furnaces with a much perforated cylindrical metallic receptacle, which is by a crank and handle kept revolving on its horizontally placed axis over a charcoal fire, the baking or roasting can be done, without that apparatus, in an oven or in a pan over a fire, but less conveniently and uniformly.

PEANUT BUTTER.—The roasted peanut ground into an oily meal has somewhat the consistency of butter, and is now marketed under the name of peanut butter. Salt is perhaps quite generally added during the process of manufacture. Water is also sometimes added, usually before serving up. Peanut butter is used like other butter to spread on bread, for making sandwiches, and in preparing a number of dishes. It contains more protein and less fat than common butter. It is probably well digested. (Abel.) A good soup is quickly made with a tablespoonful (say, two ounces) of peanut butter put into a pint of boiling water and seasoned with salt. Tomato may be added; or mashed potato; or both.

PEANUT TAFFY.—Peanuts combined with sugar make a food duly rich in all the components of a model diet, in protein, fat and carbohydrates. Take roasted peanuts, remove the shell and the inner thin red skin; chop, or, in a mortar, pound, or, in a mill, grind fine the white meats; add an equal bulk of white sugar; melt, and thoroughly mix and brown in a sauce-pan over the fire; cool into thin cakes in shallow pans over snow or cold water.

TERRALAC OR PEANUT-MILK (here first published).—Shell some raw peanuts, and let them soak in cold water for twenty minutes. Then rub off the thin red skins, leaving the kernels white and clean, that is, blanched. Let them soak in cold water over night. Then, let them boil slowly in water enough amply to cover them for many hours—at least three hours, and if the fire be weak, several hours longer, until the kernels are soft enough to be thoroughly mashed. Then, using a vegetable masher, pass them through a fine strainer, say, a

metallic one with 35 meshes to the linear inch. Then continue to boil, or simmer, the liquid gently for some hours longer until all trace of a raw taste is lost. The preparation of terralac is much facilitated by very finely comminuting the white kernels of the peanuts with the "Universal Food Chopper." The straining is then much easier and more rapid, and the cooking takes much less time. The milky liquid, if diluted with water to about $3\frac{1}{2}$ pints for each quart of unshelled peanuts, or half a pound of blanched kernels, has a close resemblance in chemical composition to cow's milk, with an equal amount of protein, and just about enough excess of fat in the peanuts to counterbalance—for calories—the slight excess of carbohydrates in the milk, and with only about one third as much ash in the peanuts as the rather low amount in the milk. A less dilution (say, to three pints, or to one quart) would correspond to more concentrated cow's milk. This peanut milk, or terralac, has an agreeable, somewhat nutty, slightly sweet flavor, and can be used in almost all the ways that are customary with cow's milk, and is an advantageous substitute for it. Curds, to be sure, cannot, so far as now known, be made, and there is no need to guard (by the addition of soda) against curdling on mixing with lemon juice, tomatoes, or other acid substances. In rapid drinking, or gulping, by adults, there is no danger that, with the sour gastric juice in the stomach, large indigestible lumps of curd will form. Terralac, too, is completely sterilized by boiling, and is much less exposed to contamination by harmful germs than the highly susceptible milk drawn in the cow stall, or barnyard, and carried dozens of miles in cans by rail and wagons with almost inevitable exposure to contact with harmful germs. Furthermore, the cost of the material of terralac is only about one third of the present retail price of milk in our cities, and the labor of preparing it is little, if at all, greater than with milk. The shelling of the peanuts could be facilitated by feeding them through a hopper, so as to fall between two rollers at such a distance apart as to crush the shells, but not the meats, in like manner, the moistened skins might be removed by two revolving rollers set with stiff bristle brushes.

TERRALAC CUSTARDS.—Terralac may be used in making custards in the same way as ordinary cow's milk (p 101).

TERRALAC PUNCH may obviously be prepared in precisely

the same manner as milk punch (p. 106), and has a yet more agreeable taste.

TERRALAC CREAM.—Terralac may be enriched with olive oil, peanut oil, cottonseed oil, or other palatable vegetable oils; and then is an excellent substitute for cream. Those oils, if well refined, have so delicate and slight a special flavor that it is entirely lost and imperceptible when other stronger flavors (such as sugar, salt, or spices for example) are added. The oil is thoroughly mixed to an emulsion with the terralac by means of the revolving egg-beater, very easily, in a few minutes.

TERRALAC-CREAM SALAD-DRESSING may be made in practically the same way as the ordinary cream salad-dressing (p. 185), using terralac enriched with a palatable vegetable oil. Of course, vinegar, lemon juice, or lime juice can be used in replacing the sour-cream dressing.

TERRALAC SAUCE may be made in the same way as milk sauce (p. 107), using, if you please, a palatable vegetable oil, instead of the butter. Clearly, the mustard can be added, if desired, just as in the milk mustard sauce (p. 107).

TERRALAC-CREAM SAUCE can plainly be made with terralac-cream in just the same way as prescribed for cream sauce (p. 107).

TERRALAC CREAMS may be prepared in the same ways as the creams made with cow's milk (p. 107).

TERRALAC BLANC-MANGE should be made in the same way as milk blanc-mange (p. 109); or, for cream, terralac cream (terralac enriched with oil) may be used.

TERRALAC CREAM PIE evidently is to be prepared by the same method as the cream pie made with milk (p. 110).

TERRALAC BAVARIAN CHEESE can doubtless be made in the same way as ordinary Bavarian cheese (p. 110), substituting terralac and terralac-cream for milk and cream.

TERRALAC IN SOUP.—Terralac can advantageously replace milk in soups, potato soup, tomato soup and other soups. As terralac is not made to curdle by an acid, there is no need to add soda to counteract the acidity of tomatoes.

ICE-TERRALAC, OR PEANUT ICE-CREAM.—Over the fire thicken with a tablespoonful and a half of wheat flour, or, yet better, cornstarch, three pints of terralac (made from a quart of raw peanuts, or half a pound of the blanched kernels, and corresponding to somewhat concentrated cow's milk—that is, less watery than ordinary milk); and with a revolving egg-beater thoroughly mix in it half a pint of olive oil, or peanut oil, or other palatable vegetable oil (even good cotton-seed oil will not give a bad flavor); add two thirds of a pound of granulated sugar, and a tablespoonful of vanilla extract, or the strained juice of two lemons, or other flavoring. Put the mixture in an ice-cream freezer, and freeze in the same way as ordinary ice-cream.

PEANUT SOUP.—Roasted peanut kernels may be put to soak in cold water over night, and made into soup in the same way as other pulse (p. 154). Or peanut butter may be much more conveniently and speedily used (p. 159).

SALTED PEANUTS.—Free the peanut kernels from the outer shell and inner skin, and bake them in an iron baking-pan in an oven, or over a gentle fire, while stirring them, or in a frying-pan over an oil-stove with still more constant stirring. When they are of a uniform light yellow color, add some butter, or olive oil, enough to coat them, and let them dry. The fresher these nuts are when used, the better. Peanuts bought already roasted need only to be cooked a few minutes in the butter, or oil, and salted. Another way to finish salted nuts is, before the salt sprinkling, to glaze them with whipped white of egg, after they have been well roasted, or boiled and dried. But if previously boiled in very strong brine, the nuts need no outer coat of salt. The glazing excludes the air, and the nuts keep better. (“Phila. Ledger.”)

LENTIL.

The lentil, unlike the pea and bean, is eaten only when fully ripe. The brown or reddish lentil is smaller than the yellow, but of more delicate flavor. (Abel.)

Choose preferably broad lentils of a fine light color. (Fr.)

LENTILS IN GOOD WOMAN'S FASHION, LENTILS IN BRETON FASHION, LENTILS WITH OIL, AND LENTIL SOUP are all prepared in the same way as white beans in those fashions (see pages 169 and 170). (Fr.)

ANOTHER LENTIL SOUP.—One quart of lentils; two pounds and a half of parsnips; two pounds of celery; two ounces of eschalots (or shallots, or scallions), or of leeks; one ounce of chopped parsley; and two ounces of butter (or four tablespoonfuls of palatable oil). Wash and pick the lentils; steep them 24 hours in soft water; set them on the fire in four quarts of water; add the vegetables and some salt; boil, till they are quite soft; rub through a fine colander, or coarse sieve, adding boiling water as required; return it to the pan; season with pepper and salt; stir in the butter (or oil), and boil a few minutes. (“Vegetarian Cookery.”)

BAKED LENTILS.—Pick over and wash a quart of lentils; soak them in cold water over night. In the morning, pour off the water, and put them into a stew-pan with two quarts of cold water, over the fire. When the water begins to boil, the lentils will rise to the top; take them off with a skimmer, and put them into a deep earthen dish with three ounces of butter and a small onion (or a clove of garlic) in the centre; adding a quart of boiling water mixed with a generous teaspoonful of salt and half a teaspoonful of pepper. Put the dish into a moderate oven, and cook for four or five hours. The lentils must be kept moist, and, if need be, add a little water now and then. **STEWED LENTILS** are prepared in about the same way, but with more water. (Parloa.)

MOULDED LENTILS.—Three ounces of lentil-flour; four ounces of sugar; six drops of almond-flavor; and one pint of water. Mix the flour with a little of the cold water; set the rest of the water on the fire, and when it boils, pour a little to the flour, and mix well; put it into the pan with the sugar, and stir the whole quickly over the fire fifteen minutes, adding the almond-flavor; pour it into a mould previously dipped in cold water, and when it is cold serve it up with preserved, or stewed fruit. (“Vegetarian Cookery.”)

COWPEA.

The cowpea, of several varieties (red pea, black pea, round “lady pea,” large “black eye pea,” “purple eye pea,” mottled and speckled “whippoorwill pea,” and many others), belongs to the bean family; but is the “field pea” of the Southern States, requiring a long season. It is used there for human

food, as well as for cattle, partly before the pods become dry, and partly, for winter use. The dry peas are cooked like other dried beans, and they have a very agreeable and distinctive flavor. (Abel.)

Cowpeas (common in our Southern States, of many varieties and names) are most excellent, if cooked like shell-beans, when green. The young pods are also cooked like string-beans. The ripe, dry beans are also very palatable and nutritious, and may be cooked like dried beans or lentils. (Parloa.)

GARDEN PEA.

The many varieties of garden pea are partly tough-podded or shelling peas, the only kind generally used in America, and partly the edible-podded, or sugar-peas. Of the shelling peas, there are smooth, or round-seeded, and wrinkled kinds. The edible-podded pea has a very tender pod, thicker and fleshier than the common pod. It is gathered when the pea is just forming, and used, pod and all, exactly like string-beans; and is excellent in flavor and texture, and deserves to be better known among us. (Abel.) The table however shows that the sugar pea is much poorer than the shelled pea in protein.

Green peas should be gathered when about half grown, and should be cooked as soon as possible after gathering. Young and tender, like that, they are best simply boiled, and seasoned with salt and good butter. Some varieties lack sweetness, and a little sugar in the cooking water improves the flavor. Over-cooking spoils the color and flavor. Peas should be boiled slowly and with the cover partly off. The time required depends on their maturity, freshness and the like. Young and tender ones generally take 20 or 30 minutes; and the seasoning should be added while they are still firm and crisp. If cooked until the green color is destroyed, they are overdone and the delicate flavor is spoiled. (Parloa.)

BOILED PEAS WITH BUTTER.—Cover a quart of shelled peas generously with water in a stew-pan. When they begin to boil over a hot fire, draw them back, where the bubbling will be gentle. Keep the cover partly off. When the peas are tender, add a tablespoonful of salt and three tablespoonfuls of good butter; and, if the peas are not of a sweet kind, add a teaspoonful of sugar. Cook ten minutes longer. (Parloa.)

PEAS WITH LETTUCE.—Put a quart of green peas, two tablespoonfuls of butter, the heart of a head of lettuce, a small onion, a teaspoonful of sugar and half a gill of water into a stew-pan; cover, and cook over the fire for five minutes, turning them several times. Then, draw the pan back, where they will simmer slowly for half an hour. (Parloa.)

GREEN PEAS WITH SUGAR.—For six persons, three pints of shelled peas. Shell the peas, wash them, put them into a stew-pan with two ounces of butter, the core of a lettuce head, or of Roman salad (if you have it), a middle-size onion, one or two spoonfuls of water, salt, pepper and a piece of sugar as large as an English walnut. Cook with a gentle fire, and with the stew-pan covered, stirring from time to time for half an hour; take out the onion; thicken with two yolks of eggs, or one yolk and two spoonfuls of cream (p. 118). You need not put in the thickening, if you do not wish to. When the peas are not very tender, nor very small, put in a little more water. (Fr.)

CANNED PEAS.—Put the peas into a sauce-pan with some butter, a piece of sugar, a little salt, a little pepper; warm with a gentle fire, thicken with yolks of eggs, or yolks and cream (p. 118). (Fr.)

MASHED GREEN PEAS.—For six persons, a pint of peas. Take some dried peas, put them to soak some hours in tepid water; set them to soak in enough water to keep them covered. Once well cooked, they should be passed through the strainer. Let two ounces of butter brown slightly in a sauce-pan, in it let half of an onion chopped very fine be browned; put in the mashed peas; season with salt and pepper; let them simmer five minutes or six minutes, taking care not to let them stick to the bottom of the sauce-pan. This mash should not be too thin. The onion may be left out, if you do not like its flavor. The mash can be surrounded with fried bits of bread. (Fr.)

SUGAR-PEA PODS.—The green pods of the sugar-pea may be prepared like string-beans, and, when fresh and tender, have an exquisite flavor. Gather the pods while the seeds are still very small, string them, like beans, and cut them into two or three lengths. Cover with boiling water, and boil gently, until they are tender (if young and fresh, 25 or 30

minutes). Pour off some of the water, which may serve for soup. Season with salt and butter, and serve up at once. When the seeds are large, and the pods tough, the peas may be shelled and cooked like other peas, and are tender and fine flavored. (Parloa.)

PEAS IN THE POD.—Choose newly gathered peas. Pick them over, washing the bits of adhering stems; but leave the little knot at the head by which you take hold to eat them. Some remove the knots and strings before cooking; but that way is faulty, for it does not completely remove the strings. Cook in boiling water about half an hour, with plenty of water and without covering; drain, stew with butter; pepper and salt. Add a little cream, if you like it. To eat them, take them by the little knot at the head; once they are in the mouth, hold them with the teeth, and by pulling on the little knot draw out the strings that border the sides of the peas. (Fr.)

MASHED PEA-PODS.—The green pea-pods are also boiled soft, and passed with strong pressure through the strainer, and are eaten alone, or with mashed peas. (Fr.)

GREEN PEA SOUP.—Put a quart of shelled peas into a stew-pan with three pints of boiling water, and cook them tender in about half an hour. Pour off the water, saving it for use later. Mash the peas fine; then add the water they were boiled in; and rub them through a fine strainer. Return them to the sauce-pan; add a tablespoonful of flour beaten together with two tablespoonfuls of butter; and add three level teaspoonfuls of salt and half a teaspoonful of pepper; then gradually add a quart of boiling milk. Beat well, and cook ten minutes, stirring often. (Parloa.)

ANOTHER GREEN PEA SOUP.—One quart of green peas; two lettuces; three onions; half a pound of bread; two quarts of pea pods, with the stalks cut off; three turnips; one tablespoonful of salt; and a handful of spinach, or a small bunch of parsley. To five quarts of boiling water add the salt, a piece of soda as large as a small nut, the bread, the vegetables (sliced), and the pea-pods; boil the whole together quickly, 15 or 20 minutes; take off the scum; cover the pan, and continue boiling it moderately, till the vegetables are quite soft; rub the soup through a wire sieve, or colander; return it into

the pan; add a quart of boiling water; season with pepper and salt, and boil it about ten minutes. ("Vegetarian Cookery.")

SPLIT PEA SOUP.—Pick the split peas over, that there may be no blemished ones among them; then wash them, and soak them in cold water over night. In the morning, turn off the water, and put them in the soup-pot with four quarts of cold salted water. Simmer gently seven hours, with care not to let the soup burn. When it has cooked six hours, add a large onion, two tablespoonfuls of celery, a sprig of parsley and a teaspoonful of pepper. Stir the soup with a large wooden spoon. The soup, when done, should be thin enough to pour; if it has boiled too thick, add boiling water. When thoroughly cooked, the soup is smooth and rather mealy. If not cooked enough, the thick part will, after standing a few minutes, settle, and the top will look watery. At the end of seven hours, strain the soup through a sieve, and return it to a soup-pot. Beat together a tablespoonful of flour and a tablespoonful of butter (or two tablespoonfuls of palatable oil), until they are creamy; then stir into the soup, and simmer half an hour longer. If need be, add a little salt. For some tastes, the soup would be improved by adding a quart of hot milk (or terralac). Serve up little squares of fried bread in a separate dish. (Parloa.)

PEA SOUP.—See p. 154.

PEA AND RICE SOUP.—Four ounces of peas; four ounces of rice; one ounce and a half of butter (or three tablespoonfuls of palatable oil); and a quarter of an ounce of salt. After washing the peas and rice, steep them in fresh water 12 or 14 hours; set them on the fire with four quarts of water, some salt and a small piece of soda. When all are quite soft, rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan; season with pepper and salt, and boil ten minutes. ("Vegetarian Cookery.")

PEA AND SAGO SOUP.—Four ounces of peas; four ounces of sago; one ounce and a half of butter (or three tablespoonfuls of palatable oil); and a quarter of an ounce of salt. After washing the peas and sago, steep them in fresh water 12 or 14 hours; set them on the fire with four quarts of water,

some salt, and a small piece of soda. When all are quite soft, rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan; season with pepper and salt, and boil ten minutes. ("Vegetarian Cookery.")

FIELD PEA.

The field pea, sometimes called the Canadian field pea, has many varieties. It is mostly grown for fodder, but some varieties are eaten as a vegetable. When two-thirds grown, the seed is delicate and well flavored; and the dry seed is much used to make split peas. It has the advantage of a longer season than the garden pea. (Abel.)

NAVY BEAN.

The navy bean like the pea-bean, is a variety of the dwarf kidney bean (*Phaseolus nanus*). It may be cooked in the same ways as the kidney bean, or the white bean.

WHITE BEAN.

The white bean is a variety of the same species as the common kidney-bean (*Phaseolus vulgaris*).

PRELIMINARY BOILING.—If they are fresh beans, put them into boiling water; if they are dried beans, after washing them well, put them into cold water, and it is even well to let them soak some hours. Cook with plenty of water. (Fr.)

To soften dried beans and remove their strong, acrid flavor, soak them over night in plenty of cold water, and bring to the boiling point in fresh cold water, that abundantly covers them. This water should then be thrown away, and the cooking be finished in plenty of fresh boiling water with a tablespoonful of salt to the quart of beans. A little soda (as large as a bean to the quart) in the soaking water, and in the scalding-water, will help to soften and sweeten old and hard beans. The cooking should be slow, with the cover partly off, until they are tender. For stewed and baked beans, stop the cooking when the skins begin to crack. For beans with a sauce let them become perfectly tender, but not broken, or mushy. For mashes or soups, cook them very soft. (Parloa.)

WHITE BEANS IN GOOD WOMAN'S FASHION.—When the white beans are almost cooked in the preliminary way just described, add butter, salt, pepper, parsley, scallion chopped fine; boil the sauce down. When you deem it sufficiently boiled down, serve up. If the water should have boiled away before the cooking is complete, add only hot water. (Fr.)

WHITE BEANS IN BRETON FASHION.—First boil as above described. For a quart of beans, put two ounces of butter into a frying-pan or sauce-pan, and let it take a golden hue. Add one or two onions cut into thin round slices; when the onions are of a fine color, put into it the well cooked beans with part of their liquor. Season with salt and pepper. Simmer with a small fire fifteen or twenty minutes, and serve up with the sauce, not too dilute. (Fr.)

STEWED WHITE BEANS.—First, boil as above described. For a quart of beans, put into the sauce-pan a quarter of a pound of butter, and let it take a golden color; add the well drained beans, salt and pepper; brown a little over a quick fire, after shaking the saucepan. (Fr.)

STEWED DRIED BEANS.—Cook the beans tender, but not broken. Drain off the water, and save it for soup. Season a quart of the drained beans with a tablespoonful of salt and half a teaspoonful of pepper; and add them to three tablespoonfuls of butter already hot in a large-bottomed stew-pan. Cook them over a hot fire 15 minutes, often turning them with a fork. Cover, and let them cook half an hour where they will not burn. If the beans are liked moist, add a cupful of milk (or terralac) or water, before putting them to cook the last half hour. The dish is more savory, if a tablespoonful of minced chives, shallot, or onion be fried in the butter before adding the beans. A tablespoonful of fine herbs may also be added to the beans, to make them more savory. (Parloa.)

DRIED BEANS WITH SAUCE.—The well cooked and drained beans may be moistened with any good sauce, and cooked for half an hour. (Parloa.)

DRIED BEANS IN SALAD.—Season the cooked and drained beans with any of the salad dressings, and serve up as a salad. (Parloa.)

WHITE BEANS WITH OIL.—First boil the beans, as above described. Drain them well; put them on a plate or a salad

dish; on them put some parsley and some scallion chopped fine; season with salt, pepper, oil and vinegar. (Fr.)

BAKED BEANS.—Cook the dried beans gently, and uncovered, until the skins begin to break; then drain off the water. Put the beans into a bean-pot, or a deep earthen dish, with butter (say, $\frac{1}{4}$ pound to a quart of the beans) a tablespoonful of salt and half a teaspoonful of pepper to a quart of the beans, mixing them in water enough to cover the beans. If liked, a tablespoonful of mustard may be added, as well as a tablespoonful, or more, of molasses and an onion. Bake the beans in a very moderate oven for eight or ten hours. Add a little boiling water now and then, but never more than enough to cover the beans. Any kind of bean may be so cooked; but the small pea-bean is best for "Boston baked beans." The lima and large white beans are best for the deep earthen dish. (Parloa.)

MASHED WHITE BEANS.—For eight or ten persons take three pints of fresh beans, or a quart of dried ones. Boil, first, in the way above described; pass them through the strainer, but use very little of the liquor; for this mash should be rather thick, much more so than for soup. Let two ounces of butter become golden-hued in a frying-pan; add, if you like, a little onion chopped fine, when the onion has taken a little color, add the bean mash; season with salt and pepper; simmer some minutes, taking care to stir the mash, so that it will not stick to the pan; serve up. (Fr.)

DRIED-BEAN MASH.—Cook very soft a quart of beans in water; then drain well (saving the water), and rub through a fine strainer. Put a pint of the strained beans into a stew-pan with two tablespoonfuls of butter, a teaspoonful of sugar, a teaspoonful of salt, a quarter of a teaspoonful of pepper, and hot milk (or terralac) enough (say, about half a pint) to make a thick mash of the beans. Cook in a double boiler for an hour, stirring often, and adding more milk, if the mash be too dry. A soup may be made with the rest of the strained beans and the drained water. (Parloa.)

DRIED-BEAN SOUP.—Wash a pint of dried beans, and soak them over night in cold water. In the morning, pour off the water, and put them in the soup-pot with three quarts of cold water. Place on the fire, and when the water comes to a boil,

pour it off, and throw it away. Add four quarts of boiling water to the beans, and put the pot where they will simmer for four hours; adding a tablespoonful of celery, or a few dried celery leaves, for the last hour of the cooking. Cook a large onion minced fine and four tablespoonfuls of butter in a stew-pan for half an hour. Drain the water from the beans, saving it; and put the beans into the stew-pan with the onion and butter. Add three tablespoonfuls of flour, and cook half an hour, stirring often. Then mash fine, and gradually add the water the beans were boiled in, until the soup is like thick cream. Then rub through a fine strainer, and return to the fire; add two teaspoonfuls of salt and half a teaspoonful of pepper; and cook twenty minutes or more. Any kind of beans may be used for this soup; the lima beans give the most delicate soup; but the large or small white beans are very satisfactory and cheaper.—In cold weather the quantity of beans and flavorings may be doubled; but only six quarts of water are used. The resulting thick soup can be kept in a cold place, and a portion boiled up, as required, and thinned with water or milk (or terralac). (Parloa.)

FRENCH BEAN-SOUP.—Sec p. 154.

CREAM-OF-BEAN SOUP.—Make soup in the way just described; but add only enough of the water the beans are boiled in to make the mixture like thin mash. Have this very hot, and add boiling hot milk (or terralac) to make it like thick cream; about a quart of the milk to three pints of the bean mash. Boil up at once, and serve up. It spoils a cream soup to let it cook many minutes after the milk is added. (Parloa.)

FRIJOL.

The frijol is a small, flat bean frequently of a reddish brown or light tan color, but of other colors, too. It is next to maize, the staple food of Mexico and our southwestern territories; and is largely used also as a green or snap bean. The dry frijol might apparently well be used farther north; it is very good both in soup and as a vegetable. (Abel.)

SCARLET RUNNER BEAN.

The bean of the rapidly growing ornamental scarlet runner is eaten in Europe, especially England, and often preferred, both as string-beans and as green shell beans, to the

beans almost exclusively so used in America; but when dry, they are inferior. They should be more appreciated as food in America. (Abel.)

The tender green pods are "whittled" into small sections (after stringing), and cooked just tender in water. Like other green vegetables, they lose their color and delicate flavor, if over-cooked. They are at their best when seasoned only with butter and salt. (Parloa.)

BOILED SCARLET BEANS.—The pod of the scarlet bean, if green and young is extremely nice, when cut into three or four pieces and boiled. They take nearly two hours, and must be drained well, and mixed, like string beans, with butter and pepper. If gathered at the right time, when the seed is just perceptible, they are superior to any of the common beans. (Leslie.)

LABLAB BEAN, ASPARAGUS BEAN AND MUNGO BEAN

are little used in America, though eaten in oriental countries. The green pods of the asparagus bean are largely used as a snap bean. The pods are long, with ten to sixteen seeds, more slender than string-beans, and slightly ridged along the middle of the two valves. It is cultivated by the Chinese in California, and is said to be finding favor with Americans as a valuable variety of snap bean. The mungo bean is highly esteemed in India, and eaten by the rich and by sick people, but always with a seasoning of asafoetida to prevent flatulence. (Abel.) The mungo bean is also called gram, in India; and when dried and split is called dal. Dal is there much used in curries.

STRING, SNAP OR GREEN BEAN.

The best string, snap, or green beans have little or no "string," some requiring no preparation for cooking. The German method in cooking is to cut them transversely a few times, or "whittle" them. This seems to shorten the time of cooking, and to allow of a better distribution of the seasoning. They are then boiled in salted water, and drained, or the water may be thrown away after a few minutes of boiling, the beans then being stewed in as little water as possible, and the seasoning added when they are half done. When young

enough and freshly gathered, they will cook tender in 20 to 40 minutes. (Abel.)

Very fresh and very green and newly gathered ones should be chosen. They should be broken off at both ends and have their strings stripped off, so far as may be. (Fr.)

In the very early stage of the pod, almost any kind of bean will be good, if properly cooked; but all, except the stringless kind, must have their strings carefully removed. The pods should be gathered while small and tender. If they should become wilted, as usually happens when they are brought from far south in cold weather, they must be made crisp and fresh by being stringed, cut up, and soaked in cold water for at least twelve hours. They will then cook like fresh beans. (Parloa.)

BLANCHING GREEN BEANS.—Green beans should always be blanched. To do this, drain them from the cold water, and put them into rapidly boiling water, with a teaspoonful of salt to two quarts of water. Boil rapidly, with the cover partly off, for twenty minutes. Turn into a colander, and let cold water run on them. They are now ready to be finished in any way you like. The blanching can be done early in the day, and the cooking finished at dinner time. (Parloa.)

GREEN BEANS PLAIN.—Take a quart of beans, string them, if necessary, cut them into two inch lengths; and blanch them, as above directed. Drain them, and put them into the saucepan with a cupful of water, a generous tablespoonful of butter, and a level teaspoonful of salt. Cook for ten minutes over a hot fire; turning them now and then. Serve up very hot. If the beans are not tender, it may take fifteen minutes, to cook them; but in any case, be careful not to over-cook, as this ruins the flavor, and the beans become yellow or brown. (Parloa.)

PRESERVING.—The following, out of many ways, are the principal methods of preserving string beans:

In Brine.—Gather quite fine and green ones, string them, put them in a glass jar, or an earthenware pot, in layers of two fingers in thickness, covered with salt, ending with a layer of salt. When the brine is formed, see that it covers all the beans. To use the string-beans preserved in brine: Let them soak two or three days in fresh water, until they

are completely freshened; then cook them in boiling water. Add a teaspoonful of carbonate of soda, so that they will cook better. When they are cooked, arrange them in various ways indicated for string-beans. (Fr.)

Drying.—Pick them quite small and green; string them; throw them into rather salt boiling water, and let them boil some minutes; drain them well. Put them on cloths in a warm oven, turning them several times, to make them dry well. When they are well dried, keep them in boxes or bags. To use them: Soak them some hours in cold water, and boil them in much water, putting them in when the water is cold. (Fr.)

Canning.—Take them quite small and green; string them; throw them into rather salt boiling water, and let them boil some minutes, put them into wide-mouthed jars with some of this liquor; close the jars, and tie them tight; lay them in a kettle with hay between them, so that they will not break one another during the boiling; fill the kettle with water so that the jars are completely covered. Boil five minutes. Take the kettle from the fire; but do not take out the jars until the water is completely cold, lest you break them at contact with the cold air. When the jars have been taken from the water, let them dry two or three days; cover the stoppers with wax, and put away in a dry cool place. (Fr.)

PRELIMINARY COOKING OF STRING-BEANS.—String and wash. Boil in a sauce-pan, water enough to cover the beans completely; add a small handful of salt. When the water boils with great bubbles, put the beans in; recommence the boiling with a big fire, taking good care not to cover the sauce-pan; boil until the cooking is complete, which you will ascertain by pressing a piece of the string-beans between your fingers; it should yield under the pressure, but not be mashed. It needs ten or twelve minutes (longer with a gentle fire) from the moment that the water begins to boil again. If this method be exactly followed, the beans will keep of a fine green color. The important points are, to put in a great quantity of water, the quantity of salt indicated, and to cook with a big fire, and with the sauce-pan uncovered. The liquor can be used for sorrel soup. (Fr.)

STRING-BEANS IN LANDLORD'S FASHION.—For eight or ten persons, take a pound of string-beans. Prepare and cook

them in the way just described. Drain them well, put them into the sauce-pan again, with a quarter of a pound of butter, and a tablespoonful of parsley chopped very fine; serve up as soon as the butter is melted. (Fr.)

STRING-BEANS WITH CREAM.—Prepare them as in land-lord's fashion; but at the moment of serving up, add one or two spoonfuls of cream. (Fr.)

STRING-BEANS IN PULLET FASHION.—Prepare and cook in the preliminary way just described. Drain them well, and put them into a pullet-sauce, not too dilute; thicken with two yolks of eggs, or with yolks and cream (p. 118). (Fr.)

STRING-BEAN SALAD.—Prepare and cook in the preliminary way above described. Drain them well and put them into a salad bowl, with a spoonful of parsley chopped fine. Season with salt, pepper, oil and vinegar. (Fr.)

CANNED STRING-BEANS.—Take them from the can or jar; drain them; prepare them in one of the ways above indicated for fresh ones. (Fr.)

DRIED STRING-BEANS.—Let them soak over night; put them on the fire along with the water, taking care not to put in salt. When they are once cooked, which takes a longer time than for fresh beans, arrange them in one of the ways above indicated for fresh beans. (Fr.)

BRINE STRING-BEANS.—Wash them, and take out the salt, until they are completely freshened (during several days, if need be), changing the water often. Put them to cook in boiling water, without covering the sauce-pan. When they are once cooked, which takes about fifteen minutes, arrange them in one of the ways above indicated for fresh string-beans. (Fr.)

SHELLED KIDNEY BEANS.

All the varieties of kidney beans, when gathered while the seeds are still tender, may be cooked like the lima beans. It takes from one to two hours. (Parloa.)

RED-BEAN AND BLACK-BEAN.

Red beans and black beans are prepared and cooked in the same way as the white beans, but take a little longer to cook. (Fr.) For their soups see p. 154.

LIMA BEAN AND FLAGEOLET.

The season for flageolets is from the beginning of July to the middle of October. Choose the small ones of a fine, green color. (Fr.)

DRYING.—They can be preserved by drying. Pick them before they ripen when they are still very green; shell them; and spread them on a table that is covered with a table-cloth or a blanket. When they are quite dry, put them into bags or wooden boxes. (Fr.)

BOILED GREEN LIMA BEANS.—Cover a quart of the shelled beans with boiling water. Over the fire, boil them up quickly; then draw them back, where they will just simmer until done, 45 to 60 minutes. When they are tender, pour off a part of the water; season them with a teaspoonful of salt and two heaping tablespoonfuls of butter, or with four tablespoonfuls of palatable oil. (Parloa.)

STEWED LIMA BEANS.—Drain the water from the beans boiled tender, as just described. Put the two heaping tablespoonfuls of butter, or four of oil, into a sauce-pan with a tablespoonful of flour; stir over the fire until they are smooth and frothy; then add the beans, and stir over the fire for five minutes. Draw them back, and add half a pint of water, or milk; simmer ten minutes. If liked, a teaspoonful of fine herbs may be added a few minutes before serving up. (Parloa.)

PREPARATORY COOKING OF THE LIMA BEANS.—Wash the lima beans in cold water, in a sauce-pan, or a kettle; over a big fire boil enough water to cover them completely. When the water boils with great bubbles, put the beans in; start boiling again lively; but take care not to put on the cover, if you wish to have them green. Put salt in, when the cooking is half done. The cooking needs about half an hour; make sure by taking a bean and seeing if it bends under the fingers, without being mashed. (Fr.)

LIMA BEANS IN LANDLORD'S FASHION.—Take the beans of the preparatory cooking just described from the fire and drain; put them into a sauce-pan with a quarter of a pound of butter, a teaspoonful of parsley chopped very fine; serve up as soon as the butter is melted. The water of the cooking can be used for sorrel soup. (Fr.)

LIMA BEANS WITH CREAM.—Add to the lima beans in landlord's fashion one or two spoonfuls of cream, at the moment of serving up. (Fr.)

CANNED LIMA BEANS.—Take them from the can; drain them; arrange them in landlord's fashion, as just described. (Fr.)

DRIED LIMA BEANS.—Let them soak over night; put them over the fire at the same time as the water; do not put salt in. When they are cooked, arrange them in landlord's fashion, or with cream, as just described. (Fr.)

LIMA BEAN SOUP.—See p. 154.

CHICKPEA.

The chickpea, or the garavance, garbanzos, of Spain, or the East Indian gram, is practically unknown in the United States though largely cultivated in southern Europe and in Spanish America; and in many parts of the East. It is eaten boiled, though more commonly roasted. (Abel.) In India, gram is fed to horses.

LOCUST BEAN.

The carob, or locust bean, grown on the Mediterranean shores for cattle-food, and a good deal eaten by the poorer people, has its ripe seeds surrounded by a sweet mucilaginous pulp of agreeable flavor, and when dried contains as high as 50 per cent. of sugar. The dried pod is found on our confectioners' stands under the name of St. John's Bread.

PREDOMES, OR EAT-ALL BEAN.

Take eat-all beans (that is all edible including the pod) freshly gathered, small and very green, yet with the kernel well-formed. To string them break off the ends, taking care to remove with them the strings that commonly border the sides, especially if the bean is a little mature. (Fr.)

PREDOMES FRICASSES.—String and wash the prédomes, and cook them, with uncovered sauce-pan, half an hour in boiling water, in which you have put a little salt. For about a pound

of beans, brown in a sauce-pan some butter as large as an egg; brown in it also a medium-size onion chopped very fine. When the onion is of a fine color, put the beans in with a little of their liquor; sprinkle with a spoonful of flour. Season with salt and pepper; add a little parsley chopped fine; stew; simmer until the sauce is almost completely boiled away. Add two or three spoonfuls of cream; stir, and serve up with a sauce that is not dilute. If you have no cream, put in a quarter of a cupful of milk (or terralac); but then you must let it simmer some minutes with the milk. The *prédomes* also are arranged in all the ways indicated for string-beans. (Fr.)

LEAVES.

SPINACH.

Spinach may be sown in September, protected in hard freezing weather with leaves, straw, and the like; and in the very early Spring makes good spring greens. Spinach is a great resource in cold weather, when green vegetables are scarce. The common kind goes to seed quickly in hot weather; but New Zealand spinach is a very different plant, and yields tender greens all summer. The shoots should be cut regularly; if not, the old shoots become tough, and rank-flavored. Like most other vegetables, it is rarely cooked to perfection; yet it is not difficult to prepare. The simplest methods are usually the best for it. A good deal of time, water and patience is needed to wash it clean; and no other vegetable requires so much butter for the best result. To clean the spinach, cut off the roots, break the leaves apart, and drop them into a large pan of water; rinse them well in this water, and put them into a second pan of water. Continue washing in clean waters, until it becomes fresh and crisp. Drain from this water and blanch. (Parloa.)

BLANCHING SPINACH.—Put half a peck of thoroughly washed and drained spinach into three quarts of boiling water, with a tablespoonful of salt, in a large sauce-pan. When it begins to boil, draw the cover a little to one side, to allow the steam to escape. At the end of ten minutes from its beginning to boil, pour the spinach into a colander, and pour cold water over it, after the hot water has passed through. When the spinach is well drained, mince it coarsely or finely, according to the way it is to be served up. One peck of spinach will make about a pint and a half, when blanched and minced. (Parloa.)

SPINACH WITH CREAM.—Blanch and mince half a peck of spinach. Heat two tablespoonfuls of butter in a sauce-pan over the fire; then add a tablespoonful of flour, and stir, until it is smooth and frothy; then add the minced spinach and a teaspoonful of salt and half a teaspoonful of pepper. Cook three minutes longer; serve up. (Parloa.)

SPINACH WITH EGG.—Wash, blanch and drain half a peck of spinach, using two teaspoonfuls of salt in the blanching

water; chop the drained spinach rather fine, return it to the sauce-pan, and add a teaspoonful of salt, half a teaspoonful of pepper, and three tablespoonfuls of butter; cook ten minutes on the fire; heap in a mound on a hot dish, and garnish with two hard boiled eggs cut in slices. (Parloa.)

SPINACH COOKED WITHOUT WATER.—Fresh spinach, when washed, holds water enough for cooking. Put the spinach in a stew-pan on the fire; cover and cook for ten minutes, pressing down, and turning the spinach over several times during the cooking. Then turn the spinach into a chopping bowl, and mince rather fine. Return it to the stew-pan, and add the seasonings, allowing for half a peck of spinach two generous tablespoonfuls of butter, or four of palatable oil, and a teaspoonful of salt. Simmer ten minutes; or, if it is very tender, five minutes will be enough. Spinach so cooked will retain all its salts; it will be more laxative, and have a stronger flavor than when blanched (boiled in water). In young, tender spinach this is not objectionable; but when overgrown spinach is cooked in its own moisture, the flavor is strong and somewhat acrid. (Parloa.)

SPINACH WITH BROTH.—For six persons, one pound of spinach. Take off the stems, and, at the same time, cleanse the spinach of all straws and dirt, wash with much water, and drain; cook five minutes in boiling water; take the spinach out and cool it quickly in cold water. If you let the spinach cool of itself, it would turn yellow, and would have a less delicate taste. Press it well, so as to drive out all the water. Chop it up. Put it into a sauce-pan with some butter as large as an egg, and some salt and pepper; sprinkle over it half a spoonful of flour. Stir over the fire for about five minutes; add two or three spoonfuls of broth; serve it up warm; surrounded by fried bits of bread. (Fr.)

SPINACH WITH SUGAR.—Prepare, and cook as for spinach with broth, only put in two lumps of sugar; thicken with two yolks of eggs, or one yolk and one or two spoonfuls of cream (p. 118); and serve it up in the same way surrounded by fried bits of bread. (Fr.)

SPINACH FOR COLORING.—Take any quantity of spinach; pound it in a mortar to extract the juice; squeeze it through a thin cloth; put it in a sauce-pan over a slow fire, and when

it is just ready to boil, take it off, and strain it. A small quantity of this juice stirred in will give any sauce, or soup, a green color. ("Vegetarian Cookery.")

CRESS.

There are two kinds of cress: water cress grown all the year in shallow running water; and upland cress, also called pepper grass. Cress is used in salads, giving them a pleasant pungency. (Beattie.)

WATER-CRESS SALAD.—Remove the stems that are too thick or too hard; likewise remove all the threads; wash well and shake in a salad-basket; put into a salad bowl, and dress with oil, vinegar, salt and pepper, the same as a common salad (see lettuce.) (Fr.)

WATER-CRESS INSTEAD OF SPINACH.—In the summer, spinach is often acrid; and it can then be replaced without too much disadvantage by water-cress. After preparing it as just described for a salad, cook it in the way described for spinach; either with sugar or with broth. (Fr.)

SORREL.

Sorrel, if properly protected, will make a rapid growth as soon as anything begins to grow in the spring. It makes delicious greens by itself, or it may be cooked with other greens. It also makes a refreshing salad. (Parloa.)

SORREL MASH FOR A GARNISH.—For six persons, take six good handfuls of sorrel. Pick it over, remove the stems, wash, and drain; put over a gentle fire, with some butter as large as an egg, a little salt and a little pepper; let simmer for at least 20 minutes. Stir and mash, and even, if you wish to have it very fine, strain it. Thicken it with two yolks of eggs, or one yolk and one or two spoonfuls of cream (p. 118). If you think that the sorrel is very acid, you can throw it for a minute into boiling water and drain it, before cooking it with the butter. The sorrel mash can accompany hard or soft boiled eggs. (Fr.)

SORREL SOUP.—Tear the tender green parts from the mid-ribs of the cultivated sorrel; wash in cold water, and shred

very fine. Put a tablespoonful and a half of butter, or three spoonfuls of palatable oil, into a stew-pan, and add a third of a cupful of shredded sorrel. Cook over the fire, stirring often. Then add three pints of boiling water, and a teaspoonful of salt; and boil ten minutes. Beat the yolks of two eggs well; then add to them three tablespoonfuls of milk, or terralac, and pour them into the soup-tureen, adding a spoonful and a half of butter cut into bits, or three of oil. Gradually pour the boiling hot soup into the tureen, stirring all the while, to combine the soup with the egg yolk. Add half a cupful of bread cut in dice and dried in the oven, or fried in butter. (Parloa.)

SORREL SOUP WITH BREAD, RICE OR VERMICELLI.—FOR SIX persons. Pick over, wash, and coarsely chop a large handful of French sorrel, more or less according as it is more or less acid. Put it on the fire with some butter as large as an egg. When the sorrel has cooked five minutes, add three pints of water and a little salt, cut into it about a quarter of a pound of bread in thin slices; or, instead of the bread, add five spoonfuls of rice well washed in warm water; or, instead of the rice, add (when the soup boils) one third of a pound of vermicelli. Boil, with the bread, two or three bubbles; but with the rice, half an hour, and with the vermicelli, 20 minutes, from the time the boiling begins again. At the moment of serving up, thicken with two yolks of eggs, or one yolk and two spoonfuls of cream, in the following manner: Separate the yolks from the whites by passing them from one half of the egg-shell to the other; beat the two yolks, or the one yolk and the cream; then beat them with some spoonfuls of the soup, which you have set aside to cool, lest they should turn your thickening; then, when this mixing is complete, turn the thickening, little by little, and stirring the while, into the soup already taken from the fire; pour immediately into the tureen and serve up. Some leave the whites with the yolks for thickening; but that method often causes the soup to turn. If you should wish to use the whites, the following way is better: Separate the yolk and white, as just directed, and put the white to cook five or six minutes in the soup, before adding the thickening. When the white is in the soup, be careful not to stir the soup, lest you scatter the white. The white so cooked is not disagreeable in sorrel soup. (Fr.)

SORREL SOUP WITH PULSE BROTH.—Sorrel soup is made in the usual way, but instead of simply using water, the liquor from boiling white, red, black, lima or string-beans is used, if it be at hand. (Fr.)

SORREL BROTH, OR HERB BROTH.—Boil a quart of water; when it boils with great bubbles, put into it a small handful of well cleansed French sorrel, two or three sprigs of chervil, some grains of salt, some butter as large as an English walnut, or a tablespoonful of palatable oil; boil two or three bubbles, and strain. (Fr.)

CANNING SORREL.—In all households frequent use is made of sorrel; in winter, it is scarce, and consequently dear. It is, therefore, well to preserve it, especially as the method is not very expensive. Here is a very simple way: Pick the sorrel over, wash it, put it to melt over a gentle fire, stir it from time to time, and let it simmer, until all the water has been absorbed, and the mash is therefore sufficiently thick. Put it into preserve-jars. Cover with a layer of butter. Let it cool. Cover with a paper, and shut it up in a cool place. To use some of it, take off the layer of butter, and use the mash as you would the mash of fresh sorrel. The layer of butter can afterwards be used for frying. (Fr.)

LETTUCE.

Lettuce should be white and well-headed; except the early little lettuce, that is eaten, although it is green and hardly headed, and is nevertheless very delicate, even more so than the finely headed lettuce fully in season. (Fr.)

SALADS.—Nearly all vegetables may be made into salads; but perhaps raw ones are more refreshing and more generally relished than cooked ones. In America, lettuce is the plant most used for salads, and perhaps celery, alone or mixed with other materials, next. Endive, chicory, blanched dandelion, and other plants should also be used for a pleasant variety. The Roman lettuce is a delicious kind that is less common in America than it deserves to be. Raw vegetables should be used only when young, tender and fresh. When boiled green vegetables are used for salad, they should not be cooked so long as to lose crispness and flavor. Salad dressings are usually sharp or pungent sauces intended to moisten

and season, or "dress" the salad. The best all-round salad dressing is the so-called French salad dressing. It is suitable for any vegetable salad, raw or cooked. Besides the dressing proper, several herbs, especially chervil, tarragon, chives and cibol are used as flavors; and some or all of them are considered essential to salad in France and the rest of continental Europe, while garlic, and hard boiled eggs are optional. (Parloa.)

FRENCH SALAD DRESSING.—Put a quarter-teaspoonful of salt and an eighth of a teaspoonful of pepper into the salad bowl; or into a small bowl, if the sauce is to be served up separately. Add a little oil, and stir well, then gradually add the rest of four tablespoonfuls of it, stirring all the while. Lastly stir in a tablespoonful of vinegar; which should be diluted with water, if very strong. (Parloa.)

For an ordinary salad: Not quite a spoonful of vinegar, if it is very strong, hardly half a spoonful; three or four spoonfuls of oil; half a teaspoonful of salt; a quarter of a teaspoonful of pepper. Mix the pepper and salt with the vinegar in the salad spoon; pour here and there upon the salad; add the oil; turn the salad. It may be well for the lady of the house to adopt the following expedient: Before going to the table, put pepper, salt, oil and vinegar into the salad bowl; stir and beat them well together; carefully place the salad on this dressing. You will not turn it, until the moment for eating it. Preparing the dressing in advance has the advantage of permitting it to be well mixed. (Fr.)

LETTUCE SALAD WITH FRENCH DRESSING.—Remove all the green tough leaves from two heads of lettuce; break off the tender leaves one by one, and rinse each in cold water; shake off the water, and lay the leaves on a piece of cheese cloth; and put them, wrapped tightly in the cloth, on ice. At serving time, put the leaves into the salad bowl. Tear into small bits two or three sprays of tarragon and six or eight branches of chervil, and mince a tablespoonful of chives or cibol, if liked; and sprinkle all of them over the lettuce. Sprinkle the French dressing, a spoonful at a time, over the salad with the spoon and fork, lift and turn the salad lightly and carefully so as not to crush it. When all the dressing has so been mixed, serve it up at once. The lettuce should be crisp and

tender, with delicate flavoring herbs, the vinegar never strong, the oil good, and, finally, the dressing must be added just before the salad is served up. In the summer, when head lettuce is scarce, the tender young plants may be used. The flavor may be varied by adding other green salads and herbs, such as chicory, sorrel, borage, burnet, and the like. If tarragon be lacking, tarragon vinegar may be used. (Parloa.)

LETTUCE SALAD.—Pick the lettuce over with care, for in it nestle many slugs and plant-lice. Take off the withered leaves and those that are too hard and green; take off the ribs of the others; leave whole the heart or core, of the size of an egg, or cut it into halves or quarters; wash well with fresh water; shake well, so that no water remains; put into the salad bowl. Put upon the lettuce some chervil and tarragon chopped fine; you can also use burnet, green onions and the like. Adorn with some nasturtium flowers, if you like. Season with salt, pepper, oil and vinegar. Lettuce salad should be turned without being pressed, for it is easily bruised. Hard boiled eggs are an excellent garnish for lettuce-salad; cut them in quarters and arrange them on the salad in an ornamental way. (Fr.) Mustard may be used instead of pepper.

LETTUCE SALAD WITH CREAM DRESSING.—Remove the outer leaves from a head of lettuce, leaving only crisp, clean bleached leaves. Break these one by one from the head, and if they are perfectly clean do not wash them; if they be not clean, wash them quickly in cold water, and drain them. Tear each leaf into three or four pieces; and put them into a large bowl or napkin, and place them on the ice in a cold cellar. At evening time, put the lettuce into a salad bowl. Mix half a teaspoonful of salt and a quarter-teaspoonful of pepper with a tablespoonful of vinegar in the salad spoon, and sprinkle them over the lettuce; stir well four tablespoonfuls of thick sweet cream, then add it, a spoonful at a time, to the salad, and mix by tossing the lettuce lightly with the spoon and fork. Serve up at once. (Parloa.)

LETTUCE SALAD WITH CREAM is prepared and arranged and seasoned like the ordinary lettuce-salad, only you substitute for the oil three or four spoonfuls of cream, which you mix with the vinegar. (Fr.)

MAYONNAISE SALAD DRESSING.—Take the yolk of a hard boiled egg, one teaspoonful of mixed mustard, one third of a teaspoonful of salt; mix smooth with a little oil, adding a few drops at a time; add the yolk of a raw egg, stirring it in, until quite smooth; then add sweet-oil gradually, a cupful or more; a spoonful of vinegar is now added. If the mayonnaise is very thick, it is well to beat up the white of the raw egg to a stiff froth, and add it beaten in. (Fr.)

COMMON SALAD DRESSING WITH MUSTARD (OR REMOULADE) is prepared in the way just described, except that no egg is used. Dry mustard may be used instead of mixed mustard.

The rémoulade goes well with celery. (Fr.)

BOILED LETTUCE.—Lettuce grown rather too old for salad may be cooked, and makes a fairly palatable dish. Wash four or five heads of lettuce, carefully removing thick, bitter stalks, and retaining all sound leaves. Cook in plenty of boiling salted water for ten or fifteen minutes; then blanch in cold water for a minute or two. Drain, chop lightly, and heat in a stew-pan with some butter and salt and pepper to taste. If preferred, the chopped lettuce may be heated with a pint of white sauce seasoned with salt, pepper and grated nutmeg. After simmering for a few minutes in the sauce, it should be drawn to a cooler part of the stove, and the well-beaten yolks of two eggs are beaten in. See, also "Peas with Lettuce." (Parloa.)

LETTUCE WITH PULLET SAUCE.—Take good heads of lettuce; three large ones for six persons. Take off the green leaves; remove every kind of slug and plant-louse; cut the lettuce heads in halves or quarters; let them cook twenty minutes in boiling water; take them out, and put them into cold water; drain them; and dry them well with a cloth; put them into a pullet sauce, and let them cook with fire above and below for an hour; boil the sauce down, if it is too thin; arrange the lettuce in crown shape on a dish; thicken with the yolks of eggs or yolks and cream (p. 118). (Fr.)

STUFFED LETTUCE.—Take a good and very firm head of lettuce, and proceed in the same way as for stuffed cabbage. (p. 148). (Fr.)

ROMAN SALAD, OR COS-LETTUCE.

Choose Roman salad, or cos-lettuce, very white. It is prepared and arranged in all the ways indicated for common lettuce. (Fr.)

CORN SALAD.

Corn salad is also called lamb's lettuce and fetticus (in French, mâche). The leaves are often used in their natural green state, but they may be garden-blanchéd by being covered with anything that excludes the light. The leaves are used as a salad in place of lettuce, or mixed with lettuce, or water-cress. The flavor is very mild, and is improved by mixing with some other salad plant. Corn salad is also boiled with mustard for greens. (Beattie.)

CHICORY.

Chicory is used like spinach, but should be boiled in two waters to remove the bitter taste. As a salad, the roots are dug in the autumn, and planted in dark cellars, or under a green-house bench, where they produce abundant blanched leaves, that are to be eaten raw, or that may be boiled in place of greens. (Beattie.)

The season for chicory is from June to January. Choose it as white as possible. It is eaten in salad and in stews. (Fr.)

CHICORY SALAD.—Take off the green leaves; remove the bigger ribs of the other leaves; clean the rest from sand, slugs and plant-lice; wash in cold water; and season in the way indicated for lettuce-salad (p. 185). Particularly with chicory, a seasoning is used called the *chapon*: a piece of bread crust with no soft bread on is rubbed on all sides with a clove of garlic, and then put into the salad before the dressing, and goes very agreeably with the chicory; but you abstain from putting it in, when you are not sure of the taste of your guest. (Fr.)

COOKED CHICORY.—For six persons, twelve heads of chicory. Choose heads that are very fresh and very white. Pick them over, and, so far as possible, remove the hard parts, and, above all, cleanse thoroughly from every kind of worms, slugs and plant-lice; wash with several waters. Cook for 25 minutes in boiling water, drain, and press well; chop up; put

into a sauce-pan with at least two ounces of butter, or four tablespoonfuls of palatable oil, a spoonful of flour, some salt and pepper; stir for some minutes over a quick fire. Add one or two spoonfuls of broth or gravy; simmer a quarter of an hour, serve it up in the midst of fried bread bits. (Fr.)

CANNING CHICORY.—Chicory can be preserved in the same way as sorrel, and is at least as advantageous as sorrel. Chicory becomes rather dear in winter, and, for cooking, a large quantity is needful; it is therefore worth while to preserve it. Take off the greenish leaves and the stems; pick it over, and wash it well; throw it into somewhat salted boiling water; and let it cook about 25 or 30 minutes. Drain it, pressing it well between the two hands, and chop it up well. Turn it over in a sauce-pan on the fire with butter, salt and pepper. Simmer a quarter of an hour, so that all the water evaporates; put into jars, and let them cool thoroughly; cover with butter, and that with paper, and keep in a dry, and cool, place. To use the chicory so preserved, it is only necessary to remove the layer of butter, and warm the chicory over a gentle fire, adding one or two spoonfuls of water or of broth. The layer of butter so removed can be used for frying. (Fr.)

ENDIVE.

Endive is a kind of chicory. It is used as a salad at all times of the year when lettuce and like plants are out of season. (Beattie.)

CARDOON.

The cardoon is a thistle-like plant, much resembling the globe artichoke, but is grown as an annual. The growing leaves may toward autumn be drawn together, and the centre blanched, like endive. If intended for winter use, the leaves are not blanched in the garden, but the plants are lifted with a good deal of earth adhering to the roots, and are stored in a dark pit or cellar, to blanch. The blanched leaf stems are used for making salads, soups and stews. (Beattie.)

SWISS CHARDS.

Swiss chards are a variety of beet, with a leaf stalk and midrib developed, instead of the root. It is cultivated like spinach, and its green tender leaves are prepared exactly like

that vegetable. The midribs of the full grown leaves may be cooked like celery. (Parloa.)

BEEET GREENS.

Young beet plants make delicious greens, particularly if the root has attained some little size; and it is not to be separated from the leaves. Examine the leaves carefully, and reject those that are infested by insects. Wash thoroughly in many waters. Put into a stew-pan, and cover amply with boiling water. Add a teaspoonful of salt for every two quarts of greens. Boil rapidly until they are tender, about thirty minutes. Drain off the water, chop rather coarse, season with butter and salt. (Parloa.)

DANDELION.

The dandelion, when gathered before the flowerbud has attained any size, makes tender greens, and is much liked by many for its pleasant bitter flavor. The cultivated dandelion is large-leaved, more tender, and milder in flavor; and is also a fine salad, if blanched in the garden, like celery. A small bed of this vegetable will give a handsome return in the spring for the small amount of care it requires. (Parloa.)

The dandelion is eaten raw as a salad. Choose it as white as may be. It can also be cooked in the same way as chicory (p. 187). It much resembles chicory, and takes its place very well at a season when chicory is difficult to obtain. (Fr.)

MUSTARD-LEAVES AND DOCK.

Mustard and dock, when very young, also make excellent greens, and are cooked like dandelion. (Haskell.)

VARIOUS SPRING GREENS.

A number of plants may be left in the garden for early spring use. Jerusalem-artichokes, parsnips, salsify, leeks and potato-onions will give roots or buds as soon as the frost will permit digging. For greens, there are such plants as curled green kale and cabbage. The roots should be well earthed up; and, when the hard freezing weather comes, the plants must be covered with hay, or straw. Many of the common weeds are tender and well flavored when very young. The

white goosefoot (*Chenopodium album*), better known as pigweed and lambsquarter, grows in almost all cultivated land; and, when young, makes good greens, and should be cooked like spinach. The marsh marigold, commonly called cowslip, is found in many marshy places; and in the early spring makes good greens, to be cooked like spinach. Purslane, a weed common in most gardens, is very palatable, if cooked like spinach. Turnip sprouts, cabbage sprouts and collards are favorite greens of garden origin. (Parloa.)

CELERY.

Celery is at its best in the late fall and early winter, when the weather has been cold enough to crisp the blanched stalks. It is most useful as a salad and flavorer, but is perhaps most often eaten raw, with no dressing but salt. Only the tender, inner stalks should be eaten raw. The hard outside stalks make a delicious and wholesome dish, when properly cooked; and should then be blanched and served up with a sauce. (Parloa.)

Celery is used as a salad and stewed. Choose it very white and without rusty spots. (Fr.)

CELERY SALAD.—Remove the green leaves and the rusty spots, and wash well. Split in two or in quarters; arrange in fan shape in a salad bowl; put a salad-dressing (sauce *rémoulade*) in a small bowl in the middle. (Fr.)

CELERY AS A SIDE DISH.—Celery can be made into a side dish pleasing to the eye. When the celery has been picked over and washed, divide each head into four, six or sixteen parts; split each little branch to a certain distance, which will make them curl; surround with the celery, so arranged, a side-dish shell, put a mustard salad-dressing (sauce *rémoulade*) in the middle. (Fr.)

STEWED CELERY.—To blanch celery in cooking, remove all the leaves from the stalks. Scrape off all the rusted and dark spots; cut into pieces three inches long, and put into cold water. Wash and drain the celery, and put it into boiling water in a stew-pan over the fire, with a teaspoonful of salt for two quarts of water. Boil rapidly fifteen minutes, with the cover partly off. Pour off the water, and rinse with cold water, and then drain. The celery is now ready to finish, as

follows: Put into the stew-pan with a tablespoonful of butter, or two of oil, and a teaspoonful of salt for each quart of celery. Cover, and cook slowly for fifteen minutes, shaking the pan frequently. Serve it up hot. (Parloa.)

CELERY WITH BROWN-BUTTER SAUCE.—Take off the green leaves and the rusty spots, and wash well. Split each head in two. Cook in boiling water with a little salt, pushing the celery under water from time to time, to prevent it from becoming black. Put into a sauce-pan some butter and a spoonful of flour; stir them over a quick fire, until they are of a chestnut color; moisten with a cupful of water, or of broth; season with salt and pepper; boil a quarter of an hour; put the heads of the celery in, when it has been well drained after cooking in water, as just described; boil until the sauce is reduced to the needful quantity. (Fr.)

BROWN CELERY.—Prepare and cook as just described for celery with brown-butter sauce. Butter a dish, arrange the celery upon it; powder it with bread crumbled very fine; sprinkle with melted butter by means of a strainer, brown in a Dutch oven almost red hot. A little grated cheese, say Swiss and Parmesan, may also be mixed with the bread crumbs that are used to powder the celery before browning. (Fr.)

CELERY VINEGAR.—Pound two ounces of celery seed in a mortar, and steep it for a fortnight in a quart of vinegar; then strain, and bottle it. (Leslie.)

CABBAGE.

Cabbage contains a comparatively large amount of sulphur, and is therefore apt to be indigestible, and cause flatulence, when improperly cooked; but may be cooked so as to be delicate and digestible. It is a highly useful vegetable, and can be had in the late fall, winter and spring, when other green vegetables are scarce. The quickest and simplest methods of cooking are the best for it; the essentials are plenty of boiling water, a hot fire, to keep the water boiling, and thorough ventilation, to carry off the strong-smelling gases in the steam. Young cabbage will cook in twenty-five or thirty minutes; late in the winter forty-five may be needed. When done, it should be crisp and tender, any green part, green;

and the white, white, not yellow or brown. Over-cooked cabbage or cauliflower is more or less yellow, has a strong flavor, and is much inferior to the same dish properly cooked. (Parloa.)

Choose cabbages that are very fresh and without traces of caterpillars, and let the core be very firm. If you wish to lay them by for the winter, you must choose the best headed ones; gather them in dry weather; hang them to the ceiling in a cellar or storeroom, stem uppermost, head downwards. (Fr.)

BOILED CABBAGE.—Cut a small head of cabbage in four parts, cutting down through the stock. Soak them half an hour in a pan of cold water, adding a tablespoonful of salt; this is to draw out any insects that may be hidden in the leaves. Take from the water, and cut into slices; put them into a large stew-pan half full of water, pushing them under the water with a spoon. Add a tablespoonful of salt, and cook from twenty-five to forty-five minutes, according to the age of the cabbage. Turn into a colander, and drain for about ten minutes. Put into a chopping bowl, and mince. Season with butter (a scant tablespoonful, or two of oil, for a pint), pepper, and more salt, if need be. Cabbage cooked in this way will have a delicate flavor, and generally may be eaten without distress. With the kitchen windows open, there will be little or no odor in the house. (Parloa.)

CREAMED CABBAGE.—Put a pint of boiled and minced cabbage with half a pint of hot milk (or terralac), half a teaspoonful of pepper, into a stew-pan over the fire. Beat a tablespoonful of butter (or two of palatable oil) and a teaspoonful of flour together until creamy; then stir them into the contents of the stew-pan. Simmer ten minutes, with care not to scorch the sauce; serve it up very hot. (Parloa.)

CABBAGE WITH WHITE SAUCE.—Clean the cabbage well, cut it in halves or quarters, remove the stump; cook in boiling water seasoned with a little salt; it needs half an hour or three quarters for cooking. Drain well, with pressing; serve up on a white sauce, Parisian or Norman. (Fr.)

BROWNEED CABBAGE.—For a cabbage of medium size, put into a sauce-pan a piece of butter as large as an egg and a spoonful of flour; stir them over a quick fire, until the butter

and flour have taken a fine dark chestnut color; then moisten with half a cupful of water; add two or three onions, a carrot cut in round slices, and a flavor-posy; season with salt and pepper; let boil a quarter of an hour; then put in the cabbage well cleaned and washed and cut in quarters. Let it cook three quarters of an hour, take out the posy, and serve up. (Fr.)

STUFFED CABBAGE (a warm side dish).—Select a well-headed cabbage; clean it well; remove the stump, yet not so but that the leaves will hold together. Pour upon it very hot boiling water; thereby, you will be able to separate the leaves so as to stuff them. Drain well; fill the spaces between the leaves with stuffing; instead of sausage-meat, or hashed bacon and veal, or of force-meat, use a somewhat spicy stuffing with bread; tie well together. Brown some butter as large as an egg and a spoonful of flour; when they are of a fine dark chestnut color, moisten with a cupful of water, or of broth (soup-stock), and two spoonfuls of brandy; season with salt and pepper; let them boil one or two bubbles; stir. Put in the cabbage arranged as has just been directed; put around it one or two onions, a carrot cut in round slices and a flavor-posy (p. 206); let cook, with the sauce-pan well covered, four hours with a small fire. Remove the posy, untie, and serve up. (Fr.)

WHITE STUFFED CABBAGE is arranged and cooked like the above-described stuffed cabbage, only the butter, or oil, and flour are not allowed to brown; and as soon as the butter is melted and mixed with the flour, add the water or broth (soup-stock). At the moment of serving up, remove the posy, place the cabbage on the dish on which you are to present it at the table, untie it, and thicken the sauce with yolks of eggs, or with yolks and cream (p. 118). (Fr.)

CABBAGE SOUP.—For six persons: Boil three pints of water; put into it a cabbage cut in quarters (or the half, or the quarter of a cabbage, according to its size); cook an hour or even an hour and a half. When the cabbage is cooked, add a pint of milk (or terralac), some butter (or palatable oil) as large as an egg, some salt; at the first boil, pour the liquid and the cabbage upon some thin slices of bread. Into this soup, you can put one or two leeks cut fine, which give a rather agreeable flavor; and likewise can put some potatoes in. Clean

and wash the potatoes, and add them to the cabbage at about the time necessary for cooking them. (Fr.)

COLD SLAW.—Into a sauce-pan put one cupful of vinegar, one tablespoonful of butter, one tablespoonful of sugar, a pinch of salt and a pinch of pepper; let them come to a boil; pour them scalding over a finely shredded head of cabbage; and set it away until perfectly cold. Just before serving up, stir into it with a silver fork two tablespoonfuls of sour cream. (Harland.) Or raw cabbage chopped fine may be dressed like lettuce with a salad dressing of oil, vinegar, salt, mustard, and, if you like, hard boiled eggs.

WARM SLAW.—Cut the cabbage into shavings, as for cold slaw (red cabbage is best); warm it, cover it closely in a deep earthen dish, on the top of a stove or in a slack oven for half an hour, until it is warm throughout, but not boiling. Then pour upon the warm cabbage a boiling dressing such as above described for cold slaw; and serve up at once. (Leslie.)

CABBAGE SALAD.—Either red or white cabbage may be used for salad, and must be firm, crisp and tender. Remove the outer leaves, and cut the tender cabbage into fine shreds. Wash them well and soak them in cold water for half an hour. Drain and season with French dressing, or cooked salad dressing. Serve it up at once. (Parloa.)

SOURCROUT.—All white cabbages with large heads and not curly can be used to make sourcrot. Clean them, remove the withered leaves and the green ones; cut the heads in halves or in quarters, to remove the stem and large ribs; cut the cabbage into fine shreds not larger than a blade of grass. Take a wine-barrel; let it be cleaned with special care; cover the bottom with a layer of salt; on this layer put a layer of the shredded cabbage; scatter over it some juniper berries, some European laurel (sweet-bay), some pepper-corns; press the cabbage down well, yet without bruising it; put on a new layer of cabbage, then a layer of salt, and every second layer, one of juniper berries, sweet-bay and pepper-corns; press down well. For 25 large cabbages, about four pounds of salt will be needed. Do not fill the barrel more than three quarters full; cover the sourcrot with a piece of strong cloth, place on that a round board that will go into the barrel and rest on the sourcrot; load the board with stones and weights.

After a short time, the board sinks down, and the water that has been formed rises above it; take off part of the water, but not enough to leave the board dry. You must wait at least a month before taking out the sourcroust. When you do take it out, be careful to wash the cloth and the board, before replacing them, and to add a little fresh water after you have taken some from above the sourcroust. Sourcroust has a very bad odor, but that is no reason for worrying; for it is the effect of the fermentation, and the odor disappears on washing. Good sourcroust is very white. Sourcroust is sold ready-made. (Fr.)

PICKLED RED-CABBAGE, a side-dish.—Remove the ribs; cut the leaves into shreds no larger than a blade of grass; put them into a vessel; powder them liberally with salt; the next day, turn them over; leave them again twelve hours; drain them; put them into a pot or jar, with pepper-corns, cloves, small onions, and even allspice, if you have any; cover with strong vinegar. Keep well covered in a dry, cool place. Red cabbage is used in shell-shaped dishes as a side dish; and can be used as a companion to gherkins, Indian pickles, pickled mushrooms, and the like. (Fr.)

KALE, OR BORECOLE.

Kale is a kind of cabbage, with loose leaves, without a head. Its composition and cooking are much the same as already described for cabbage.

There are several varieties of kale. The dwarf, green-curved kind is best for the table, and is a fall and spring vegetable. The leaves are sweeter and more tender after having been touched by the frost. In the north, the root may be banked with earth at the beginning of winter, and in extremely cold weather may be covered lightly with hay or straw. In the early spring, the old stalks will produce young shoots that make delicious greens. (Parloa.)

MINCED KALE.—Remove all the old or tough leaves. Wash the kale thoroughly, and drain; then cook in a kettle of boiling water, to which has been added salt, a teaspoonful to a gallon of water. Boil rapidly, with the cover off, until the kale is tender. Pour off the water; chop the kale rather fine; put it back into the kettle; add a tablespoonful of butter, or two of oil, and two tablespoonfuls of water for each pint of

the minced kale; and add more salt if need be. Cook ten minutes, and serve up at once. The cooking requires thirty to fifty minutes, thirty for young and fresh kale. (Parloa.)

BRUSSELS SPROUTS.

Brussels sprouts are small cabbages hardly as large as an English walnut, and they grow on a special kind of cabbage-plant, at the junction of the leaves and the main stem. The season for Brussels sprouts is from the beginning of November to the end of February. They should be chosen very green, very firm, freshly picked, and without yellow and withered leaves. (Fr.)

BRUSSELS SPROUTS BLANCHED.—Remove the wilted or yellow leaves from the little heads, or sprouts, cut the stock close to the head, and soak in salted cold water for an hour or more. Drain well, and put into plenty of boiling salted water (one teaspoonful of salt to two quarts of water). Boil rapidly for fifteen or twenty minutes, according to the size of the heads. They are now ready to cook in butter, or to serve up with any kind of sauce. Or the boiling water may be drained from the sprouts, and they can be seasoned with butter, salt and pepper. (Parloa.)

FRIED BRUSSELS SPROUTS.—Blanch a quart of Brussels sprouts, and drain them well. Put them into a broad-bottomed sauce-pan with three tablespoonfuls of butter, half a teaspoonful of salt and a quarter teaspoonful of pepper. Cook five minutes, over a hot fire, shaking frequently. Serve them up hot. (Parloa.)

BRUSSELS SPROUTS IN LANDLORD'S FASHION.—For eight or ten persons, one pound of Brussels sprouts. Remove the stems and the yellow and withered leaves; wash, and drain. Boil in a sauce-pan, with a little salt, enough water to cover the sprouts completely. When it boils with large bubbles, put in the sprouts; let them cook with a strong fire; it needs about five or six minutes for the small ones, fifteen minutes for the large ones, counting from the moment the water begins to boil again. You must not cover up the Brussels sprouts while they are cooking, if you wish to keep their green color. When they are too much cooked, they lose much of their delicacy. When the sprouts are exactly cooked, of which you will make

sure by taking one in your fingers, empty them into a strainer, and let them drain. Put them back in the sauce-pan with a quarter of a pound of butter, or four tablespoonfuls of oil, salt, pepper; sprinkle them with a little flour; stir them over a quick fire, and serve up, as soon as the butter is melted. (Fr.)

BRUSSELS SPROUTS WITH WHITE SAUCE.—Clean the sprouts, and cook them as directed for Brussels sprouts in landlord's fashion. When they have been well drained, put them into a white sauce, either Parisian or Norman—not too dilute. You must not put vinegar into the white sauce for Brussels sprouts; vinegar goes badly with Brussels sprouts. (Fr.)

BRUSSELS SPROUTS WITH PULLET SAUCE.—Clean, and cook the sprouts as pointed out for Brussels sprouts in landlord's fashion; when they have been well drained, put them into a pullet sauce. Thicken with two yolks of eggs or a yolk and cream (p. 118), and serve up. (Fr.)

BRUSSELS SPROUTS WITH BROWN SAUCE.—Put into a sauce-pan some butter as large as an egg, or four tablespoonfuls of oil, and a spoonful of flour; stir them over a quick fire, until the butter and flour have taken a fine light chestnut color; add half a cupful of water, or of broth (soup-stock); let simmer a quarter of an hour, put in the sprouts cooked with water and salt as directed for Brussels sprouts in landlord's fashion; sprinkle with salt, pepper and a little nutmeg; serve up. (Fr.)

CAULIFLOWER.

White, close-growing and firm cauliflowers should be chosen. (Fr.)

Cauliflower is most delicious, when properly cooked; but vile when improperly so, or overcooked. (Parloa.)

PLAIN BOILED CAULIFLOWER.—Remove all the large green leaves and the greater part of the stalk. Let soak an hour or more, head down, in a pan of cold water containing for each quart a teaspoonful of salt and a teaspoonful of vinegar; in order to draw out any hidden worms. Then put the cauliflower into a large stew-pan, stem-end down, and amply cover with boiling water. Add a teaspoonful of salt, and boil gently with the cover partly off; a full-half hour, for a large compact head; or twenty to twenty-five minutes for small heads. If the flowers are loose, the heat penetrates quickly; if com-

pact, a little more time is needed, but never more than half an hour. Over-cooking immediately deteriorates; it is very common, but gives a strong flavor and a dark color, and causes indigestion. If the cauliflower must be kept warm any length of time, cover the dish with cheese-cloth. In hotels and restaurants, it is better to blanch it, chill it with cold water, and heat in salted boiling water, when needed. (Parloa.)

CREAMED CAULIFLOWER.—Heat a tablespoonful of butter (or two of palatable oil) in a sauce-pan over the fire; then add half a tablespoonful of flour, and stir, until they are smooth and frothy; then gradually add a pint of milk (or teralac), stirring all the time; when the sauce boils, add half a teaspoonful of salt and one-sixth of a teaspoonful of pepper, and a pint of plain boiled cauliflower which has been broken into branches and seasoned with the like amounts of salt and pepper. Cook ten minutes, and serve it up very hot on slices of toast. (Parloa.)

CAULIFLOWERS WITH WHITE SAUCE.—Remove the leaves, cut the stem off, but not too close, so as not to separate the little bunches of flowers; examine them with great care and attention, on account of the little green caterpillars or other insects that commonly live there; and if you should have too much difficulty in cleaning them off, it would even be better to separate each head into two or four parts. Throw them as fast as cleaned into cold water mixed with vinegar. In a pot or sauce-pan boil enough water to cover the cauliflowers completely, and season it with salt. When it boils violently, put the cauliflowers in with the stem below. When they bend under the fingers, they are done; it takes fifteen or twenty minutes. Cauliflowers too much cooked are insipid. We recommend strongly that they should be covered with water throughout the boiling, for otherwise they will become blackish. Take them, when once cooked, from the fire; but do not take them out of the water until the moment of sending them to the table, if you wish them to be quite white. Take them from the water, drain them well; put them on the dish, the stem below, and serve them up, with Parisian or Norman white sauce in a sauce dish; you can serve them up, too, with the white sauce around them. The cauliflowers left over can be cooked brown, or with cheese; or they can be fried. (Fr.)

CAULIFLOWERS WITH TOMATO SAUCE.—Prepare them, and cook them as for cauliflowers with white sauce; drain them well, and serve them up on a tomato sauce. (Fr.)

BROWNEED CAULIFLOWERS.—Prepare them, and cook them as for cauliflowers with white sauce; drain them well; mash them with butter, cream, salt and pepper. Butter the bottom of a plate, put into it the cauliflowers prepared as just directed; level the top, sprinkle them with fine bread-crumbs, and, by means of a strainer, with melted butter; brown them in a hot oven, or in a Dutch oven. (Fr.)

CAULIFLOWERS WITH CHEESE.—Prepare and cook as directed for cauliflowers with white sauce; drain them well. For a good sized cauliflower, put into a sauce-pan some butter as large as an egg and a spoonful of flour; stir over the fire, until the butter and the flour are well mixed; moisten with a cupful of water, season with salt and pepper, and boil ten minutes. Add a saucerful of grated cheese (say, Swiss cheese and about one quarter as much Parmesan); take from the fire. Butter slightly the bottom of a dish, put into it a quarter of the cauliflower mashed; cover with a layer of the sauce just described; coat on all sides the rest of the cauliflower with the rest of the sauce, and place it on the layer of sauce and mashed cauliflower. Powder the top with grated cheese and fine bread-crumbs; by means of a strainer, sprinkle with a little melted butter. Put in a Dutch oven with a very quick fire on top. Serve up of a fine color. (Fr.)

CAULIFLOWER WITH CHEESE IN A SIMPLER WAY.—Prepare, and cook as directed for cauliflowers with white sauce; drain them well; mash them with butter, cream, salt and pepper and a saucerful of grated cheese (say, Swiss cheese and one quarter as much Parmesan.) Butter slightly the bottom of a dish; put into it the cauliflowers; level the top; sprinkle with grated cheese and fine bread-crumbs. Put into the oven, or into a Dutch oven with a very quick fire on top, serve them up of a fine color. (Fr.)

FRIED CAULIFLOWERS.—Prepare, and cook as directed for cauliflowers with white sauce, but a little less cooked. Drain them, separate them into two or three bunches, soak them in a little vinegar, with salt and pepper. Dip them into frying paste; fry to a fine golden color; serve up in the form of a pyramid. (Fr.)

CAULIFLOWERS WITH OIL.—Prepare, and cook as directed for cauliflowers with white sauce. Drain them well. Eat them with oil, vinegar, pepper and salt. (Fr.)

CAULIFLOWERS FOR TRIMMINGS.—Clean them well, separate them into bunches, wet them with water mixed with a little vinegar, let them cook as directed for cauliflowers with white sauce, but a little less cooked, so that they will hold together well. They are set around the viand of which they are to serve as trimmings. (Fr.)

BROCOLI.

Brocoli is a kind of cauliflower, and can be cooked and served in the same way. (Parloa.)

Remove the withered leaves and the hard part of the stem; tie into bunches the brocoli so cleaned. In a pot or in a saucepan, with a little salt, boil enough water to cover the brocoli completely. When it boils with large bubbles, put in the brocoli; let it cook ten or twelve minutes, drain it well; serve it up with white sauce, Norman or Parisian. (Fr.)

COLLARDS.

Collards are cultivated and used in the same way as cabbage and kale, but withstand the heat better than either of them, and the type known as Georgia collards is highly esteemed in the South. Collards do not form a true head, but instead, a loose rosette of leaves, which, when blanched, are very tender and of delicate flavor. (Beattie, "Agriculture Department Bulletin, 255.")

KOHL-RABI, OR TURNIP CABBAGE.

Kohl-rabi seems to be half-way between the cabbage and turnip, and its edible part is the swollen, turnip-like stem of the plant, just above the ground. It is fine flavored and delicate, if cooked when very young and tender. It should be used when its diameter is not more than two or three inches. When grown larger, it becomes tough and fibrous. (Parloa.)

BOILED KOHL-RABI.—Wash and pare the kohlrabi, and cut it into thin slices. Boil tender in slightly salted boiling water, with the cover partly off the stew-pan. Pour off the water, and season with butter, salt and pepper. Cold boiled kohlrabi may be served up as a salad. (Parloa.)

RHUBARB.

Rhubarb is generally used for pies, but is sometimes stewed and sweetened for a sauce.

Rhubarb is a vegetable little eaten in France, but highly prized in England. It has the immense advantage of being a resource in April, May and June, when other vegetables of the past year have been eaten up, and the new crop is not yet ready. The leaf-stems and ribs used in cooking have not the purgative effect of the root, and are no more cooling and laxative than apple-sauce. (Fr.)

CANNING RHUBARB.—Cut the rhubarb when it is young and tender. Wash it thoroughly, and then pare it; cut it into pieces about two inches long; pack in sterilized jars. Fill the jars to overflowing with cold water, and let them stand ten minutes. Drain off the water, and fill again to overflowing with fresh cold water. Seal with sterilized rings and covers. When it is required for use, treat it like fresh rhubarb. Green gooseberries may be canned in the same way. Rhubarb may also be stewed with sugar, and canned in the same way as gooseberries. (Parloa.)

RHUBARB SAUCE.—Separate the ribs, chiefly the big ones, from all the other parts of the leaves; peel them; garnish a baking-dish from place to place with small pieces of butter as large as half a filbert; powder with sugar, and with a little lemon zest chopped fine; upon this layer place your sticks of rhubarb near one another; over them here and there put some quite small bits of butter; powder with sugar and lemon-peel chopped fine. For a quarter-pound of rhubarb, you need a fifth of a pound of sugar, butter as large as half an egg, and the quarter of a lemon-peel. Cook, with fire above and below, about half an hour or three-quarters. At the moment of serving up, if you perceive that there is too much juice, boil it down with a quick fire; serve up. (Fr.)

RHUBARB PUDDING OR DUMPLING is made in exactly the same way, as French apple pudding, or dumpling (p. 376); only neither lemon or spices are put in; but a little finely chopped lemon-zest is added; and, as the rhubarb is acid, plenty of sugar is needed. (Fr.)

RHUBARB PIES.—Take the young green stalks of the rhubarb plant, or spring fruit, as it is called in England; and having peeled off the thin skin, cut the stalks into small pieces about an inch long, and put them into a sauce-pan with plenty of sugar, and their own juice. Cover it, and stew it slowly, till it is soft enough to mash to a marmalade; let it cool down; fill with it some freshly baked shells of paste, and sprinkle sugar over the top. For covered pies, cut the rhubarb very small; mix a great deal of sugar with it, and put it in raw. Bake the pies three-quarters of an hour. (Leslie.)

FRENCH RHUBARB PIE.—Make and arrange a crust, or paste shell, in the way indicated on page 319. Separate the ribs of the rhubarb, chiefly the big ones, from all the other parts of the leaves; peel them; cut these sticks of rhubarb so stripped and peeled, into little pieces of the thickness of a quarter-dollar; put a layer of them as thick at least as your finger into your dough; powder with sugar and lemon-peel chopped fine; cook half an hour or three-quarters. For a pie of the size of a large plate, you need at most a quarter-pound of rhubarb, a quarter of a lemon-peel, but at least an eighth of a pound of sugar. (Fr.)

ANOTHER FRENCH RHUBARB PIE.—Instead of leaving the rhubarb in bits, as just described, you can make a marmalade of it; only, for a pie of the same size, you must use one half more of rhubarb. (Fr.)

RHUBARB PUDDING.—One pound of rhubarb; twelve ounces of bread, without crust; and sugar. Lay the rhubarb in water ten minutes; cut the bread into slices a quarter of an inch thick; toast the slices, and soak them a few minutes in boiling water poured on a plate, and mixed with two tablespoonfuls of sugar; place some of the slices at the bottom of the dish; cut the rhubarb into pieces an inch long; fill the dish, mixing the sugar with it; place the other slices of toast over the top; bake the whole in a moderate oven; turn it out, and serve it up, either hot or cold. (“Vegetarian Cookery.”)

LEEK.

The leek belongs to the same class as the onion, but does not form a true bulb, and the stem is uniformly thick throughout. It may be stored for winter, the same as celery. (Beattie.)

The leek is milder in flavor than the onion or garlic; and is excellent in soups and in curries, and is an agreeable dish stewed by itself, in much the same way as onions.

HASHED LEEKS.—Cleanse a good quantity of leeks; cut them into two or three pieces, rejecting the hard green part; wash; if they are strong-flavored, blanch them in boiling water; then (or, if not so treated, at once), cook them in water; drain them, pressing out all the water; chop them up, like spinach. Put a piece of butter into the sauce-pan, and in it half cook the leeks with a pinch of flour, some salt and pepper; moisten with cream, and cook; thicken with two yolks of eggs, and serve up with fried bread-bits. (Fr.)

FRENCH LEEK SOUP.—For six persons: In a sauce-pan, melt some butter as large as an egg; put into it five or six leeks cut in thin round slices; brown slightly. Add a quart of water, some salt and very little pepper. Cook twenty minutes, add a pint of milk (or terralac). When the boiling begins again, pour upon thin slices of bread. (Fr.)

LEEK SOUP.—Wash the leeks, and cut off the roots. Cut the white part in thin slices, two cupfuls. Pare some potatoes, and cut them in dice, four cupfuls; and put them in a bowl of cold water. Put two tablespoonfuls of butter, or four of oil, the leeks and four tablespoonfuls of minced onion into the soup-pot, and over the fire. Cook twenty minutes slowly, stirring often; then add three quarts of boiling water, the potatoes, three teaspoonfuls of salt, and half a teaspoonful of pepper; and cook at least half an hour longer. Serve the soup up very hot. If it is convenient and liked, cook with the leeks and butter the stalks of four or five cibols; or one shallot may be cut fine and cooked with the leeks. This is a delicious and wholesome soup, and is even better reheated the second time than the first. (Parloa.)

CREAM OF LEEK SOUP is made as directed for leek soup, but using only three pints of water. When it is cooked, rub it through a sieve, return it to the soup-pot, and add one quart of hot milk (or terralac). Beat it with a whisk until it is smooth. Half a cupful of the milk may be reserved cold, and added to two well beaten yolks of eggs, and stirred into the soup, just as it is taken from the fire. The yolks make the soup very much richer. (Parloa.)

SEA-SAMPHIRE (*CRITHMUM MARITIMUM*).

Sea-samphire, a plant which is, so to speak, the first to grow on alluvial land, is found abundantly in certain countries. It is an agreeable food not only pickled, but also cooked like string beans, in landlord's fashion, with pullet sauce, &c. Take away all the hard, yellowish and withered parts. (Fr.)

PICKLING SEA-SAMPHIRE.—Pick it over. Put it into a pot or a jar with enough strong vinegar to cover it entirely; add some small onions, peppercorns, a clove, tarragon, &c. Cover up, and keep in a cool place. For other preparations of sea-samphire, see the receipts for string beans (p. 174). (Fr.)

PARSLEY.

DRYING.—Parsley can be preserved, just like tarragon, by drying in the shade; but it is less important to do so, for parsley can be found almost the year round. (Fr.)

Parsley-roots and celery-roots can also be dried, and can be used for flavor-posies (p. 206). (Fr.)

CRISPED PARSLEY.—Pick over and wash young curled parsley; dry it in a cloth; spread it on a sheet of clean paper in a Dutch oven before the fire, and turn it frequently, till it is quite crisp. It may also be nicely crisped by spreading it on a dish before the fire, putting small pieces of butter upon it, and turning it frequently with a fork. ("Vegetarian Cookery.")

CHERVIL.

There are two kind of chervil; salad chervil and turnip-rooted chervil. The leaves of the salad chervil are used in the same way as parsley, for garnishing and in flavoring soups. The edible part of the turnip-rooted chervil is the root, which somewhat resembles the carrot, and is used in the same way. (Beattie.)

TARRAGON.

If you have a great quantity of tarragon, you can by a very simple method keep it for the winter, a season when it is excessively rare. Cut the sprigs of tarragon; shake them, to take off the dust; remove the cobwebs; but above all be careful not to wash it. When it is well cleaned, let it dry

in the shade, turning it from time to time. When it is quite dry, put it into a well-closed jar, and shut it up in a dry place. This dry tarragon is used like the green for all stews where flavor is desired; except for salads, for which there is the resource of tarragon vinegar. (Fr.)

TARRAGON-VINEGAR FOR SALADS.—Put a good handful of tarragon into a sauce-pan or earthen dish; pour upon it a quart of good vinegar; cover it up, and let it steep till next day; strain it, and put it into a bottle; cork it, and keep it in a cool place. This vinegar is especially precious in winter, when there is no tarragon. It is used like other vinegar. (Fr.)

Strip about three ounces of leaves from the branches of tarragon; put them into a quart fruit-jar, and fill up with good vinegar; the best for the purpose is white wine vinegar, but good cider vinegar will also answer. Close the jar, and let it stand for about twenty days; then strain. The best time to make tarragon vinegar is about the last of August, when the plants are large and vigorous. It may be used for salads and sharp sauces, when no fresh tarragon is to be had. (Parloa.)

SWEET BASIL, GREEN MINT, SWEET-MARJORAM.

SWEET BASIL, GREEN MINT, OR SWEET-MARJORAM VINEGAR is made in precisely the same way as tarragon vinegar. (Leslie.)

BURNET.

BURNET-VINEGAR.—Nearly fill a wide mouthed bottle with the fresh green leaves of burnet, cover them with vinegar, and let them steep two weeks. Then strain off the vinegar, wash the bottle, and nearly fill it again with fresh burnet leaves; pour the same vinegar over them, and let it steep a fortnight longer. Then strain it again, and it will be fit for use. The flavor is exactly like that of cucumbers. (Leslie.)

FINE-HERBS.

In its broadest sense, the term "fine-herbs" includes all the delicate savory herbs, such as burnet, sweet basil, tarragon and chervil. Commonly, however, three only, parsley, chervil and chives, make up the seasoning called fine-herbs, and combine well with almost any vegetable. They are minced

fine, and added to the sauce, soup, omelet, or the like. For an omelet, a teaspoonful of them for three eggs is stirred into the beaten eggs. To sauces, the herbs are added just before serving up. In general, the herbs should be washed, placed on a clean board, and cut with a sharp knife. Chervil and tarragon for use in soup or salad should be torn leaf by leaf into small pieces. (Parloa.)

FLAVOR-POSY, or POT-HERBS.

A flavor-posy (bouquet garni) is a little bunch of different plants put into sauces to give them flavor. It is commonly made up of parsley, thyme and sweet-bay (the European laurel, not the American). The parsley, thyme and sweet-bay are to be washed, the sweet-bay and the thyme are put in the middle; parsley is put on both sides; and they are tied together. A well-prepared flavor-posy ought not to be longer than the little finger. The flavor-posy is of frequent use in cooking. It ought always to be removed before serving up the preparation into which it has been put. (Fr.) Such a posy, called pot-herbs, is sold in Philadelphia for one cent and is commonly made of parsley, thyme, a little celery, a green onion leaf and red pepper. They are tied up in a bag, and can be used two or three times before the strength is gone.

The flavor-posy, or "bouquet garni," is made of two bunches of parsley, a sprig each of thyme and summer savory, a small leaf of sage, and a small bay leaf (to be purchased at the grocer's), all tied together. It is cooked with the dish from ten to twenty minutes, and then removed. (Parloa.)

VEGETABLES FOR FLAVORING.

Much of the excellence of well cooked vegetables depends upon the proper use of seasonings, sauces and flavorers. The flavorers selected should undoubtedly be suitable for the dish; but so much depends upon custom, that only general suggestions can be made. The Italians and some other races are much fonder of garlic than Americans are; the Germans of summer savory; or "bohenkraut," in string-beans; and the English, of mint with peas. Each cook must select the seasonings preferred by the family, and try to use them so that the special flavors may be most satisfactorily brought out. (Parloa.)

FRYING VEGETABLES FOR FLAVORING.—Vegetables, when used raw as a seasoning, give a strong taste, and only a little of each should be used. For flavoring soups, sauces, stews, and the like, fried vegetables are far superior to the raw. To prepare them for use, clean and peel, or scrape them, then cut them into small pieces, and put into a sauce-pan with butter or sweet oil, allowing two large tablespoonfuls of butter, or four of oil, to a pint of vegetables. Stir them, over a hot part of the stove, until the butter and vegetables become hot. Partly cover the sauce-pan, and set it back where the cooking with frequent stirring will go on slowly for half an hour. Then place the pan on a hot part of the stove, and stir the contents until the butter begins to separate from the vegetables. Drain the butter, saving it, covered, in a cool, dry place, for use in other cooking; and add the vegetables to the dish they are to flavor. (Parloa.)

COOKING FLAVORERS.—When a soup, sauce, or vegetable is to be flavored with an herb or another vegetable, the flavorer should be added towards the end of the cooking period. For the oil and other bodies that give seasoning vegetables and herbs their flavor, being volatile, are either driven off by long continued cooking, or rendered much less delicate in flavor. Herbs that are to be left in the dish, or served up with the dish, must be added just before the food is served up. The herbs generally served up with the dish are chervil, parsley, tarragon, and chives. Burnet, thyme, summer savory, sage and sweet-basil are cooked with the dish a short time, not over twenty minutes, and are then removed. Turnips, carrots, parsnips, celery, leeks, cibol, onions, and the like, when used merely as flavorers, should be tied in a bunch and cooked twenty or thirty minutes in the dish, and then be removed. Shallot and garlic, so used, should never be cut, but separated into cloves. One clove will be enough for a small quantity of soup, sauce or stew. Never fry shallots or garlic. Cook them in the dish to be flavored about ten minutes, then take them out. (Parloa.)

NASTURTIIUM.

Nasturtium flowers are simply used as an ornament around salads; but their buds and the hardly formed seeds can be used, pickled in vinegar, instead of capers. (Fr.)

PICKLING NASTURTIUM BUDS OR SEEDS.—It is for a side dish. Choose some nasturtium buds that have not yet opened, or some hardly formed seeds; put them gradually, as gathered, into strong vinegar; add pepper-grains and small onions. Cover up, and keep in a dry, cool place. (Fr.)

ANGELICA.

ANGELICA COMFITS.—Select angelica stalks that are very tender, cut them in pieces twice as long as your finger, and as you do so, throw them into cold water; take them out, and put them into water ready to boil; let them steep there an hour, but with the pan removed from the fire; take the angelica from the water, remove the strings and skin, and throw the angelica, as you do so, into the pan with enough water to cover it, and boil it, until it bends under your fingers; take it from the fire, and throw into the water half a handful, or a handful, of salt, to make the angelica turn green again; let it steep an hour, take it out, and drain it; make a syrup with as many pounds of sugar as of angelica, and finish in the same way as indicated for green-gage comfits. (Fr.)

HERBACEOUS FRUITS.

BANANA.

The pulp of the ripe banana, the usually seedless fruit of a gigantic herb, contains, according to the "Encyclopaedia Britannica," 9th edition, leaving the water out of account: 18.47 per cent. of protein; 2.42 per cent. of fat; 76.08 per cent. of carbohydrates; and 3.03 per cent. of ash. Dr. E. B. Smith, in his book on "Foods," also cites practically identical results obtained, apparently independently, by Corenwinder, giving; protein, 18.61 per cent.; fat, 2.43 per cent.; carbohydrates, 76.68 per cent.; leaving, for the ash, 2.28 per cent. It, therefore, accords well in composition with other herbaceous fruits, and is an almost ideal food, nearly agreeing with the average requirements of the human body; and it is, then, not surprising to learn that it is a veritable staff of life to numberless inhabitants of the tropics. Atwater, however, gives its dry composition quite differently, and more like that of tree-fruits and berries, namely: protein, 5.0 per cent.; fat, 2.5 per cent.; carbohydrates, 88.8 per cent.; ash, 3.7 per cent. The 11th edition of the "Encyclopaedia Britannica" does not repeat the analyses given in the 9th; but gives one of banana flour (by Hutchison), that somewhat resembles Atwater's. There are many varieties of banana, though all are said to be of one species. In British India, where it is called plantain, a very small kind, three or four inches long, is preferred, as more delicate in flavor. In the West Indies, the name plantain is given to a very large kind (say, twelve, or even fourteen, inches long), somewhat sweeter and coarser in quality, than the common, six or eight inches long banana; and, before being eaten, it is cooked, sliced and fried, or boiled, or baked. Red bananas are also sweeter, "richer," than the ordinary yellow ones, and are sometimes cooked, fried, or made into fritters. Bananas are eaten raw, either alone, or cut in slices and with sugar and cream, or wine and orange juice. Cooked when green or ripe, they are fried alone or in butter, baked with the skins on, or made into puddings or pies. They may be cut into strips and dried, or pounded into a paste; in the latter form, they are the staple food of many Mexican tribes. ("American Encyclopaedia," 1873.) They are also dried unripe in the sun, and made into a meal, of which a sort of bread is made, that is said to be easily digested.

EGGPLANT, OR BRINJAL.

The English name, brinjal, though uncommon in America, is convenient for the fruit as distinguished from the plant. The fruit of the eggplant in America is commonly fried, the butter or oil used in frying making good the natural deficiency of fat in the fruit itself, and giving to the vegetable rather an ideal dry composition (that is, leaving the abundant water out of account), corresponding closely to the main diet of mankind; for the proportion of protein is larger than in many other vegetable foods.

FRIED EGGPLANT.—Slice the eggplants about half an inch thick, and lay them an hour or two in salt and water, to remove their strong taste. Then take them out, wipe them, and season them with pepper only. Dip each slice of eggplant in egg-yolk, and then in bread-crumbs, until both sides are well covered; and fry them brown, taking care to have them done quite through, as the least rawness is very unpalatable. (Leslie.)

ANOTHER WAY.—Cut the eggplant in slices about half an inch thick, and pare. Sprinkle them with salt, pile them on one another, and put a plate with a weight on top of the pile. Let them rest an hour; then remove the weight and plate. Add a tablespoonful of water, half a teaspoonful of salt, and half a teaspoonful of pepper to an egg; and beat well. Dip the slices of eggplant in the egg, then in dried bread crumbs; spread them on a dish for twenty minutes or longer. Fry them in deep butter (or palatable oil), until they are brown. (Parloa.)

BAKED EGGPLANT.—Cut the eggplant in two lengthwise; scrape out the inside, and mash it fine, and mix it with enough stale bread that has been soaked in cold water to make a pint when the water is pressed out of it, and with a tablespoonful of fine-herbs, about one-fifth of a teaspoonful each of sweet-basil and summer savory, and two good tablespoonfuls of butter, or four of oil, two good teaspoonfuls of salt and a little pepper; return the mixture to the shells; place them in a pan and cook forty-five minutes in the oven. (Parloa.)

STUFFED EGGPLANT.—For five or six persons take three medium-size eggplants. Cut into two parts lengthwise, take out the innermost meat. Into a sauce-pan put two spoonfuls

of oil; place the eggplants therein, and let them half cook over a quick fire; when they are of a fine golden color, drain them upon a cloth, the hollow side down. Chop up the portion that you have taken from the interior, and press it well in a cloth, to draw out all the moisture. Into the sauce-pan with the oil put a spoonful of flour, stir over a quick fire, until the oil and the flour are of a fine chestnut color; moisten with half a cupful of broth; into this sauce put the chopped eggplant, three spoonfuls of fine-herbs chopped fine, salt, pepper; boil down. Garnish the pieces of eggplant with this stuffing; place them in the sauce-pan, adding two spoonfuls of oil; powder them with bread-crumbs, and let them cook ten minutes with fire above and below. (Fr.)

BROILED EGGPLANT.—The eggplant is sliced and drained in the way just described for frying. Then spread the slices on a dish, season with pepper, baste with salad oil, sprinkle with dried bread-crumbs, and broil. (Parloa.)

EGGPLANT ON THE GRIDIRON.—Cut the eggplants in two lengthwise; powder them with salt and pepper, and sprinkle them with a little oil; leave them so half an hour; let them cook on the gridiron with a lively fire five minutes on each side, sprinkling them from time to time with oil. (Fr.)

STEWED EGGPLANT.—Put eggplants whole into a pot with plenty of water, and simmer them until quite tender. Then take them out, drain them, peel them, cut them up, and mash them smooth in a deep dish. Mix with them some grated bread, some powdered sweet-marjoram, a large piece of butter (or palatable oil), and a few pounded cloves. Grate a layer of bread over the top, and put the dish into the oven, to brown. The same dish must go to the table. (Leslie.)

TOMATO.

If possible, tomatoes should ripen fully on the vines, as the flavor is much better than when they are plucked green and then allowed to ripen. Over-cooking spoils the flavor and color of the tomato. (Parloa.)

PEELING TOMATOES.—Put ripe tomatoes into a dish, and pour boiling water over them. When they have rested about a minute in the water, pour it off. The thin skin will now peel off readily. When a quantity of tomatoes are to be peeled, put

them in a frying-basket, and lower them for a minute into boiling water enough to cover them, in a deep stew-pan a little more than half full, over the fire. (Parloa.)

STEWED TOMATOES.—Peel the tomatoes, and cut them into small pieces. Put them into a stew-pan over the fire. Boil gently for twenty minutes or half an hour, counting from the time boiling begins. Season five minutes before the cooking is finished. Allow for each quart of tomato one large teaspoonful each of salt and sugar, and one tablespoonful or more of butter. (Parloa.)

SCALLOPED TOMATOES.—Out of a pint of grated bread-crumbs, reserve three tablespoonfuls, and spread the rest on a pan; brown in the oven, with care not to burn them; with them mix a pint of peeled and cut tomatoes, a level teaspoonful of salt, a trace of pepper and half a tablespoonful of butter (or a whole spoonful of oil), and put them into a shallow baking dish. Spread the unbrowned crumbs on the top, and dot them over with another half-tablespoonful of butter cut into bits (or a spoonful of oil). Bake in a moderately hot oven for half an hour. The top of the dish should be brown and crisp. (Parloa.)

TOMATO TOAST.—Boil a quart of peeled and cut tomatoes for ten minutes; then rub them through a strainer. Return them to the stew-pan, adding two level teaspoonfuls of salt, half a teaspoonful of pepper and two tablespoonfuls of butter. Cook five minutes, over the fire. Pour the hot tomato over well-toasted slices of bread upon a hot platter. Serve up at once. A dropped, or poached, egg may be put on each slice of toast. (Parloa.)

CANNING STEWED TOMATOES.—Wash the tomatoes, and plunge them into boiling water for five minutes. Peel and slice them, and put them into the preserving kettle; set the kettle on an iron ring upon the stove. Heat them slowly, stirring often from the bottom. Boil thirty minutes from the time they begin to boil. Put into sterilized jars, and seal (p. 341). (Parloa.)

CANNING WHOLE TOMATOES.—Take eight quarts of medium-sized tomatoes and four quarts of sliced tomatoes. Put the peeled and sliced tomatoes into a stew-pan and cook in the same way as stewed tomatoes. When they have been boil-

ing twenty minutes, take from the fire, rub through a strainer, and return them to the fire. While the sliced tomatoes are cooking, peel the whole tomatoes, and put them into sterilized jars. Pour into the jars enough of the stewed and strained tomato to fill all the interstices. Put the jars uncovered into a moderate oven, placing them on an asbestos-pad, or in shallow pans of hot water. Cook for half an hour. Take from the oven, and fill to overflowing with boiling hot, strained tomato, then seal. If there is any of the strained tomato left, can it for sauces. (Parloa.)

STUFFED TOMATOES.—For six persons, take ten tomatoes of equal size. Plunge them for a minute into boiling water; take them out, and remove the thin peel; then, open them on the stem-side, making a round hole about an inch and a quarter in diameter; take out the seeds carefully (using the handle of a teaspoon); season with salt and pepper; place them in a sauce-pan, into which you have put two tablespoonfuls of oil; make a stuffing, such as has been described for mushrooms (p. 147); fill the hollowed-out tomatoes up to three-eighths of an inch above their edges; powder with bread-crumbs; put upon a very quick fire for eight minutes, fire above and below. (Fr.)

BROWNEED TOMATOES.—Split open six tomatoes in the direction of their thickness, spread butter or oil over the bottom of a dish; add salt, pepper, fine herbs, the crumbled inner part of bread; place the half tomatoes on this layer; powder with bread-crumbs, salt and pepper; sprinkle with melted butter or oil; put into the oven, or into a Dutch oven, fire above and below; cook an hour. (Fr.)

PICKLED TOMATOES, a side-dish.—Cut in thin round slices three tomatoes and an onion; season with salt, pepper, oil and vinegar. This side-dish can replace gherkins. (Fr.)

MASHED TOMATOES, a winter preserve.—Pick some very fine tomatoes. Cut them in pieces, and let them cook with a small fire. Pass them through the strainer; put them on the fire again, until all the water has evaporated, and the mash has come to the state of a thick marmalade. Turn it into preserve-jars, let it cool, cover it with butter or melted paraffine, and that, when it has cooled, with paper; and shut them up in a cool dry place. Instead of putting the tomato-mash into

preserve-jars and covering it with butter, or paraffine, the following method may be followed: Cook and reduce to a mash in the way above indicated; put the mash into rather wide-mouthed small bottles; cork, and tie strongly; lay the bottles in a kettle intermingled with hay, so that they will not break during the boiling; into the kettle put water enough to cover the bottles completely; boil ten minutes. Take the kettle from the fire; but do not take the bottles from the kettle, until the water is fully cold, lest they should break at contact with the air. When they have been taken from the water, let them dry two or three days; cover the stoppers with wax, and shut the bottles in a dry, cool place. Tomato-mash preserved by either of the above methods may be kept a long time; it is used like the mash from fresh tomatoes. If it makes too thick a sauce, add a little water, or broth. (Fr.)

TOMATO SOUP.—Mix four tablespoonfuls of cornstarch with a quart of cold water, and put them into a stew-pan with a quart of peeled and fine-cut tomatoes, a whole onion, a tablespoonful of sugar, two teaspoonfuls of salt, and half a teaspoonful of pepper. Stir often, until the soup boils, and from that time, cook for half an hour. Then beat together two tablespoonfuls of butter and one tablespoonful of flour until they are light and smooth; and stir them into the soup. Cook ten minutes longer; then take out the onion, and serve up the soup with toasted or fried bread. If a smooth soup is desired, strain it through a fine sieve. This is the simplest kind of tomato soup. It may be varied by adding rice, macaroni, beans, peas and other vegetables. Instead of the fried bread, stale bread may be cut in small pieces, and put in the bottom of the soup-tureen. (Parloa.)

TOMATO SAUCE.—Cook a pint of peeled and cut tomatoes; then rub them through a strainer. In a sauce-pan, beat smooth and light a tablespoonful of flour and a large tablespoonful of butter (or two of oil). Into it, gradually beat the hot tomato; add salt and pepper, and cook ten minutes. This sauce goes well with macaroni, rice and the like. The flavor may be modified by adding onion, spice or herbs. (Parloa.)

FRENCH TOMATO SAUCE.—Cut in pieces seven or eight tomatoes, and cook them over a not too lively fire, strain them through a fine strainer. Slightly brown some butter half as large as an egg; add to it the strained tomatoes, some salt

and pepper, simmer five minutes, stirring from time to time. If the sauce be too thin, thicken with a little arrowroot or flour (p. 84). If the sauce made in the same way from canned tomatoes be too thick, thin it with a little water or broth. (Fr.)

TOMATO CATCHUP.—Boil a peck of tomatoes, and strain them through a strainer; add to the liquid four tablespoonfuls of salt, one of pounded mace, one of powdered cloves, two of ground mustard, and half a tablespoonful of black pepper, and a tablespoonful of celery-seed (tied in a muslin rag). Mix all and boil five or six hours, stirring frequently, and the last hour constantly. Let it cool in a stone jar, take out the celery-seed; add a pint of vinegar; bottle it, and keep it in a dark, cool place. (Beecher.)

ANOTHER WAY.—To every gallon of juice strained from selected, not over-ripe, peeled tomatoes add three tablespoonfuls of salt, three of ground black pepper, three of mustard, one teaspoonful of ground allspice; mix the spice in a part of the tomato-juice, and strain them through a sieve; add the expressed juice of one quart of horseradish. Into a small bag put four large pods of sweet peppers, and, if relished, one onion, and with them boil the catchup down to a proper consistency to pour from the bottles without difficulty; leave the catchup in the bottles, with a piece of cotton cloth tied loosely on the neck, for three months to ripen; then cover and seal tightly. (Haskell.)

OKRA.

The dry composition of okra (disregarding the water) is excellent, nearly identical with that of the mean diet of all mankind, or the model diet.

But the taste for okra is said to be acquired by habit, since few relish it at first trial. (The same might have been said of tomatoes sixty years ago.) The French use it more than Americans; although Southerners use it to thicken soups. The okra-pods should be gathered when young and tender enough for the head of a pin to be readily pushed through them. Okra is much used, not only as a thickening for soups, but for stewing. It may be dried, if cut in thin slices, and exposed to a gentle heat, or strung, and hung in the sun, like apples or peaches. (Haskell.)

Okra will grow in most parts of the United States, though more common in the South. (Parloa.)

BOILED OKRA.—The young okra-pods should be boiled in salted water until tender (about twenty minutes), then drained and heated for five minutes with cream (a scant cupful to a quart of okra), a tablespoonful of butter, and salt and pepper. Okra is also a common ingredient of soups. (Parloa.)

STEWED OKRA.—Chop fine two quarts of okra-pods, stew them in a very little water, until cooked through; season with butter, pepper and salt. (Haskell.)

OKRA WITH DUTCH SAUCE.—Boil the young pods in enough salted water to cover them, until tender. Drain thoroughly, and when dished, pour over them a sauce of three or four spoonfuls of melted (not drawn) butter, a tablespoonful of vinegar, some pepper and salt. Heat the sauce to boiling before covering the okra with it. Okra is also used chopped up, in soups, and is pickled. (Harland.)

TOMATO AND OKRA SOUP.—Put a pint of sliced okra, a pint and a half of pared and finely cut tomatoes, two quarts of water, three tablespoonfuls of rice, three tablespoonfuls of minced onion, a green pepper deprived of seeds and cut fine, three teaspoonfuls of salt, and a quarter-teaspoonful of pepper into the soup-pot; and cook gently for two hours; then add two tablespoonfuls of butter (or four of oil), and serve up. (Parloa.)

ARTICHOKE.

The large flower bud of the *Cynara scolymus* is known as the globe, or French artichoke. The buds must be used before they are open. The edible portion is the thickened lower part of the leaf-like scales, and the receptacle, or bottom, to which the scales are attached. The central part of the bud is called the choke, and must always be removed. When very young and tender, the edible parts may be eaten raw as a salad. When the artichoke is hard, as it soon becomes, it must be cooked. When boiled, it may be eaten as a salad, or with a sauce. The scales are pulled with the fingers from the cooked head, the base of each leaf dipped in the sauce, and then eaten. The bottoms, which many consider the most delicate part, may be cut up and eaten as a salad, or they may be stewed, and served up with a sauce. (Parloa.)

The season for artichokes is in May and in October. Take, by preference artichokes with oval, somewhat long leaves rather than the Breton artichokes, more compact, rounder, somewhat flat-shaped, and much less delicate. Choose artichokes that are very green, very fresh, and without pricklers at the top of the leaves; since these would be hard and stringy. The large artichokes are eaten cooked, the small ones with salt only, or with oil and vinegar. (Fr.)

PREPARING ARTICHOSES.—Remove all the hard outer leaves, cut off the stem close to the leaves. Cut off the top of the bud. Drop the artichokes into boiling water, and cook until tender, thirty to fifty minutes; then take them up, and remove the choke. Serve them up, either hot or cold, with a dish of French salad dressing. Melted butter also makes a delicious sauce for hot artichokes. (Parloa.)

ARTICHOSES WITH WHITE SAUCE.—One medium-size artichoke for two persons. Cut off the stem, and remove some of the leaves next to it; cut off the end of the others; clean from animals and insects, and wash in cold water. Boil in a sauce-pan or kettle, with a handful of salt, enough water to cover the artichokes entirely. When the water boils with great bubbles, put the artichokes in, bottom downwards; cook without covering up. To make sure that the cooking is complete, pull off a leaf; if it is easily detached, they are done; it needs about half an hour of cooking. Take them from the water, drain them well; remove the choke; and serve up, with Parisian or Norman white sauce in a sauce-boat. Left-over artichokes can be eaten with oil and vinegar at a subsequent meal, or their bottoms can be put into stews, or fried. (Fr.)

ARTICHOSES WITH BROWN-BUTTER SAUCE.—Take off the stem, cut off the end of the leaves, cut the artichokes in halves or quarters, remove the choke; throw into boiling water, and boil four or five minutes. For three artichokes, put into a sauce-pan some butter as large as an egg, and a spoonful of flour; stir over a quick fire, until the butter and flour are of a fine chestnut color; moisten with a cupful of water, or of broth; add one or two onions, a flavor-posy, salt, pepper, one or two spoonfuls of brandy. Put into them the artichokes prepared as just described; cook with a gentle fire, with the sauce-pan covered, a half hour or three-quarters. To serve up, arrange the artichokes in a circle on a dish; take away

the onions and posy; put the sauce in the midst of the artichokes. (Fr.)

FRIED ARTICHOKEs.—Cut off the stems, remove all the green of the leaves, consequently the outer leaves almost completely; cut off the point of the white leaves; cut in quarters, eighths or sixteenths, according to the size of the artichokes; remove the choke. Cook in boiling water with a little salt. Let them drain well. Dip each into batter for frying; fry with very hot butter or oil, drain, pile up in pyramid-shape, powder with fine salt, and serve up. The bottoms of the artichokes, after cooking in water, may also be fried in this way. (Fr.)

ARTICHOKEs WITH PEPPER SAUCE.—It is principally the small artichokes that are eaten with pepper-sauce; but medium-size ones, too, can be eaten so. Cut off the stems and the first leaves, and the end of the others; wash in cold water, and present them upon a napkin or on a side-dish shell. At the same time, pass to each guest the oil cruet, the salt and the pepper, so that each one may make the dressing according to his own taste. Very small artichokes can be eaten merely with a little salt. (Fr.)

KEEPING ARTICHOKEs.—Choose fine artichokes; cut them in quarters, and take away the choke and the green of the leaves; as you do so, put them into water to which you have added a little vinegar, to hinder their turning black. When they are prepared, throw them into boiling water, and let them half cook, but not in an iron kettle, which would blacken them. Take them out, and drain them on cloths. Then, run a string through them, and make festoons of them, and hang them in a dry place, but not in the sun. In stringing them, do not let them touch one another. They should be washed, and their cooking is finished along with the dish they accompany. (Fr.)

PEPPERS.

The sweet green pepper deserves to be better known as a vegetable. Sliced it makes a very fine salad alone, or, more commonly, mixed with other salad plants like lettuce. Stuffed and baked peppers are very palatable. (Parloa.)

GREEN PEPPERS STUFFED AND BAKED.—Use only tender, sweet peppers. For six medium-size peppers make the fol-

lowing dressing: Soak in cold water enough stale bread to make one pint when the water is pressed out. Season it with two tablespoonfuls of salt, one tablespoonful of fine-herbs, about one-fifth of a teaspoonful each of sweet-basil and summer savory, and two tablespoonfuls of butter (or four of oil). Cut off the stem end of the peppers; remove all the interior, particularly the seeds; fill it with the dressing; and place the peppers on end in a shallow baking-dish. Prepare the following sauce: To a tablespoonful of butter heated in a saucepan (or two spoonfuls of oil) add a level tablespoonful of flour; stir until they are smooth and brown; then gradually add three gills of stock, or water, and season with a level teaspoonful of salt; cook five minutes; then pour the sauce around the peppers. Put the dish in a moderately hot oven, and bake one hour, basting often with the sauce in the dish. (Parloa.)

PICKLED PEPPERS.—Open large sweet green peppers; fill them with a few cloves, cinnamon, ginger-root, a little mustard, some bits of horse-radish (scraped and split in fine strips), nasturtium seeds, small button-onions (shallots) peeled, radish pods, young beans, green grapes, cucumbers no larger than the little finger, minute melons, young gherkins, small tomatoes, young martenias and white mustard; and cover with boiling vinegar. When removing the seeds, have a basin of milk near, in which to dip your hands, or the peppers will cause intense suffering. (Haskell.)

ANOTHER WAY.—Fill tomato-shaped, or any other peppers, with piccalilli, or cabbage and celery chopped together and seasoned with mustard-seeds; sew them firmly, and cover with hot vinegar. (Haskell.)

TO MAKE CAYENNE PEPPER.—Dry ripe chillies a whole day before the fire, turning them often. When they are quite dry, trim off the stalks, and pound the pods in a mortar to a fine powder, mixing in about one-sixth of their weight in salt. Or you may grind them in a very fine mill. While pounding the chillies, wear glasses to protect your eyes. Put the powder into small bottles, and secure the corks closely. (Leslie.)

PICKLED CAYENNE PEPPERS.—Pick the small peppers; prick them, and put them in ten per cent. vinegar. (Haskell.)

CHILLI-VINEGAR.—Cut a hundred red chillies, or capsicums or cayenne peppers, freshly gathered, into small pieces, and steep them for a fortnight in a quart of the best vinegar, shaking the bottle every day. Then strain it. (Leslie.)

PHYSALIS, OR GROUND-CHERRY, OR HUSK-TOMATO.

There are many varieties of physalis, varying in size and color. The common variety is a bright-yellow fruit about as large as a cherry. Towards fall, the fruits drop to the ground, and are protected for some time by their husks; and may be kept a long time in a cool place. They are excellent for making preserves and marmalade. (Beattie.)

MUSTARD.

Mustard is the best of all stimulants that are employed to give energy to the digestive organs. It was in high favor with our forefathers, as shown by the records of 1512. (Kitchiner.)

As a condiment, mustard has been known from ancient times, but the idea of grinding the seeds in a mill and sifting the flour from the husk for table use, dates only from 1720 and the English town of Durham. The English and Americans usually mix mustard with water and a little salt; but the French and Germans prepare it with various flavoring articles, and usually cook it, depriving it of much of its pungency. The imported French mustard is of various flavors, that containing tarragon being much esteemed; celery seed, garlic, cloves, anchovies, and other things are used. German mustard is mixed with vinegar in which black pepper, cinnamon and other spices, and onions have been boiled, with salt and sugar added, the vinegar is used boiling, hence, the mustard is very mild; it improves by keeping. ("American Encyclopaedia.") Pure mustard mixed, as it often is, with wheaten or starch flour loses its unmitigated bitterness and sharpness of flavor, and keeps much better. ("Encyclopaedia Britannica.")

MUSTARD IN A MINUTE.—Mix very gradually, and rub together in a mortar, an ounce of flour of mustard, with three tablespoonfuls of milk (cream is better), half a teaspoonful of salt and the same of sugar; rub them well together, until

quite smooth. Mustard so made is not at all bitter, and is therefore instantly ready for the table. (Kitchiner.)

TO MIX MUSTARD.—Rub out the lumps of the mustard with the back of a spoon; add boiling water very gradually; also a little salt; and beat it, till perfectly smooth. If cream or new milk be used instead of water, it is much milder; a saltspoonful of sugar may then be added. (“Vegetarian Cookery.”)

FRENCH MUSTARD.—Mix together four ounces of the very best mustard powder, four saltspoonfuls of salt, a large table-spoonful of minced tarragon leaves; and two cloves of garlic chopped fine. Pour on by degrees vinegar (tarragon vinegar is best) enough, probably half a pint, to dilute it to the proper consistency. Mix it well, with a wooden spoon. Cork it very closely, when done, in a wide-mouthed bottle, or in little white jars. It will not be fit for use in less than two days. (Leslie.)

KEEPING MUSTARD.—Dissolve three ounces of salt in a quart of boiling water, or rather vinegar, and pour it hot upon two ounces of scraped horse-radish; closely cover the jar, and let it stand twenty-four hours; strain, and mix it by degrees with the best of flour of mustard; beat well together, until quite smooth and of the proper thickness; put it into a wide-mouthed bottle, and stop it closely. (Kitchiner.)

UNRIPE CEREALS.

GREEN CORN.

Green corn is easily spoiled by over-cooking; the longer the cooking, the less decided the delicate corn flavor. The most satisfactory way to serve up green corn is on the cob. (Parloa.)

The corn should be sweet and green, and gathered quite young, before it begins to glaze; and should be cooked soon, as it loses flavor by long keeping, wilting and drying. (Haskell.)

BOILED GREEN CORN, FOUR WAYS.—After husking and silking, throw the corn into boiling water for about fifteen minutes, five for the cooling of the water, and ten for boiling the corn. It should boil only long enough to cook through; every minute after that only hardens it, and lessens its sweetness.

Or: Cut the corn from the cob; have just enough water ready to cover the corn; throw in the cobs, and let them boil until fifteen minutes before the time to serve up the corn; then take out the cobs, and stir in the cut corn; in about five minutes it will be boiling; boil ten minutes; add butter; salt and pepper, if you like.

Or: When the corn is in that way ready to dish, stir into a quart of it a pint of rich sweet cream, not old enough to curdle; add a little salt, but no pepper.

Or: Cook cut corn in its own juice slowly for fear of burning, in a double boiler covered tight; say, half an hour. This is better than the other ways, but takes more time, season with fresh butter, or with cream and salt. (Haskell.)

BOILED CORN ON THE COB.—Drop the corn freed from husks and silk into abundant water boiling hard in a kettle, and cook ten minutes. If only a few ears have lowered the temperature but little, eight minutes may be enough. (Parloa.)

CORN CUT FROM THE COB.—Cook the ears five minutes in boiling water, to set the juice. Then with a sharp knife cut lengthwise and centrally through each row of grains, and with the back of a case-knife press the grains from the hulls. Put the corn in a sauce-pan, and season with salt, pepper and butter. Add enough hot milk (or terralac), to moisten well, and

cook ten minutes. Serve up at once. The raw corn may be cut from the cob, and heated in the same way. (Parloa.)

GREEN CORN CAKES.—Grate the corn; make a rich batter with cream, as for batter cakes. Use just enough batter to hold the corn together; fry on a griddle; serve up with butter. (Haskell.)

CORN MUFFINS.—Prepare as above described; put the corn with batter into muffin-rings, and bake in the oven; serve up with butter. (Haskell.)

CORN OYSTERS.—To every pint of grated corn add three well beaten eggs and flour enough to make the corn hold together in the shape of fried oysters. Season with pepper and salt. If they are not quite flat, they will not be thoroughly cooked. (Haskell.)

SUCCOTASH.—Old beans, if used, must be soaked over night, and par-boiled in two waters, skimming out the beans on the first boiling, and ten minutes after the second boiling. Beans not fully ripe need the par-boiling in but one water. Then in renewed water, boil them tender. In this boiling, the cobs from which the corn was cut should also be boiled. The beans should boil gently, so as to keep whole; the water should be enough not to need more when, after removing the cobs, the cut corn is added at fifteen minutes before serving up. Dish the corn and beans in a deep dish with the broth, which many prefer to have abundant; season with butter and very little salt, and no pepper, which can be added later by those who desire. (Haskell.)

ANOTHER WAY.—To a pint of corn cut from the cob and cooked in the way above described, add a pint of cooked and seasoned shelled beans. (Parloa.)

GOURDS.

CUCUMBER.

COOKING CUCUMBERS.—Although the cucumber is much oftener eaten in America as a salad than cooked, yet it is a very palatable vegetable when stewed and served up with a white sauce, or seasoned with butter, salt and pepper, and served up on toast. Before serving up in either of these ways, the pared and quartered cucumber should be cooked until tender in boiling salted water (about fifteen minutes). Cucumbers may also be cut in slices lengthwise and fried like egg-plant or summer squash. (Parloa.)

PRELIMINARY COOKING.—Choose cucumbers that are very fresh and firm. Peel them, and cut them in quarters, in pieces as long as your finger, and take out the seeds; throw into boiling water with some salt and half a cupful of vinegar. At the end of five or six minutes of cooking, drain in a strainer, and upon a white cloth; for this vegetable cannot be too thoroughly drained. Then prepare them in landlord's fashion, with pullet or béchamel sauce, or fried. (Fr.)

IN LANDLORD'S FASHION.—Into a sauce-pan put some butter treated with chopped parsley, scallion, salt and pepper; stew the cucumbers therein, after the preliminary cooking, and serve them up warm. (Fr.)

WITH PULLET SAUCE.—Make a pullet sauce (p. 121), put the cucumbers, after the preliminary cooking, into it, and thicken with two yolks of eggs (p. 117). (Fr.)

WITH BECHAMEL SAUCE.—After the preliminary cooking, finish the cooking in broth, and serve up in a béchamel sauce. (p. 121). (Fr.)

STEWED CUCUMBERS.—Stew pared cucumbers, cut in quarters, or in thick slices, for fifteen minutes in a sauce-pan with a little water and a minced shallot, or a small minced onion. Pour off the water; stir in a little flour, butter, and salt; heat for two or three minutes, and then serve up. (Parloa.)

FRIED CUCUMBERS.—Boil pared and quartered cucumbers for three minutes only. Then drain them, and season with salt and pepper. Roll them in flour, and cook them in a sauce-pan with butter for twenty minutes. This dish may

be varied by adding minced parsley, chives, and chervil about five minutes before the cooking is finished. (Parloa.)

FRENCH FRIED CUCUMBERS.—Cut the cucumbers in slices lengthwise, wipe them, flour them, and fry them. Also you can put them in batter (p. 312), like salsify. (Fr.)

CUCUMBER SALAD.—Cucumbers should always be crisp and fresh, when used. Some believe them to be more wholesome, if the slices have been soaked in cold water, or salted water. Doubtless the distress sometimes felt is caused by insufficiently masticating them. But they are probably wholesome enough; for in some countries, particularly Persia, they are much eaten and highly esteemed. The cucumber is so succulent as often to be used by travellers for quenching thirst where water is of poor quality. Cucumbers should be pared and sliced thin, and then may be dressed with oil and vinegar, like lettuce; or with a little vinegar, salt and pepper. They are best when fairly young, and should not be eaten, after the seeds have become hard and tough. For a pleasant variation in appearance, rather small cucumbers may be sliced lengthwise, instead of across. (Parloa.)

FRENCH CUCUMBER SALAD, a side dish.—Cut in thin round slices, powder them with fine salt; let the water be drawn out; drain them, and season them with salt, pepper, oil and vinegar. If you like onions, you can mix with the cucumbers some very thin round slices. (Fr.)

CUCUMBER PIE.—One cucumber; two ounces of onion; and butter (or palatable oil). Pare and cut a large cucumber in pieces; take out the seeds, salt it well, and drain it in a coarse sieve two hours; season with pepper, and add a little more salt, if required; add the onion, cut small, and a little butter (or oil); cover with paste, and bake in a moderately hot oven. (“Vegetarian Cookery.”)

PICKLED GHERKINS.—Choose small very fresh, very firm and very green cucumbers. There is a very simple and very good method, which has the only defect of not keeping the gherkins of a fine green color. Rub them in a cloth with a little salt; leave them in a pan until the next day, and then drain them well; put them into an earthenware or glass jar, and cover them with strong vinegar; after some days, add

tarragon, garlic, allspice, small onions, peppercorns. Cover up, and keep in a dry cool place. (Fr.)

ANOTHER METHOD, which has the advantage of keeping them very green.—Take a hundred little cucumbers, brush them, cut off the end of the stem, put them into an earthen jar with two handfuls of salt; turn them over, so that they may become impregnated with salt; drain them of the water they have exuded; pour upon them boiling vinegar enough to cover them. Cover the jar, and let them soak for 24 hours, and they will have taken a yellow color; take out the vinegar from them, and boil it on a very hot fire in a brass or copper kettle that is not tinned; throw the gherkins into it, and at the moment when they begin to boil, stir them equally; they will become green again; four minutes of boiling is enough. Put them into the jars where they are to be kept, and cover them with seasoning, such as tarragon, allspice, small onions, garlic; fill the jars with vinegar enough to cover all; close the jars with care; they will be good in a week. (Fr.)

PUMPKIN AND SQUASH.

Thudicum says that the crook-necked summer-squash, now sometimes called vegetable marrow, was until about 1830 called simply gourd.

The several varieties of the summer-squash (crook-neck, or gourds, or vegetable marrow; and turban shaped, or cym-lin) are generally cooked when so small and tender that the thumb-nail can easily pierce the rind. (Parloa.)

The yellower the pulp of the winter-squash, the better. (Fr.)

Pumpkins and squashes should be handled carefully to avoid bruising, and should be stored in a moderately warm but well ventilated room. (Beattie.)

COOKING SUMMER SQUASH.—Wash the squash cut into small pieces, and either cook in boiling water half an hour, or steam it about an hour. Then mash it fine, and season with salt, pepper and butter. It is a delicate-flavored but rather watery dish. Summer-squash is also very palatable when cut in slices and fried, like eggplant. Many claim that very young summer-squashes, particularly the turban-shaped cym-lin not much larger than a silver dollar, are very palatable

when cooked whole; but crook-necked and other summer squashes seem to be richer in flavor when large. From the more mature squash, remove the thin skin and seeds; cut in small pieces; put into a stew-pan with boiling water enough to cover; boil for half an hour, drain, mash, and season with salt, pepper, and butter. Cook winter-squash in the same way. Squash needs a good deal of butter. (Parloa.)

STEWED VEGETABLE MARROW.—Peel several gourds, and stew them gently, until quite tender, in a stew-pan with water, salt, lemon juice and a bit of butter, serve them up with a rich Dutch, or any other piquant sauce. (Kitchiner.)

MASHED PUMPKIN, OR WINTER-SQUASH.—For six persons, about a pound of squash. Remove the seeds and the peel; cut in pieces; put into a sauce-pan with a cupful of water; cook an hour and a half with a fire not too lively, lest it burn; pass it through the strainer; in a sauce-pan slightly brown a piece of butter as large as an egg; in it brown a small onion chopped fine; add the mashed squash; season with salt and pepper; simmer with a small fire a quarter of an hour; thicken with two yolks of eggs, or one yolk and a spoonful of cream (p. 118), and served up in the midst of fried bits of bread. (Fr.)

PUMPKIN, OR WINTER-SQUASH, MARMALADE, a preserve.—Remove the seeds and peel of a pumpkin or winter-squash; cut in pieces; put over the fire with a little water (very little, only enough to keep from sticking to the bottom of the pan) and a quarter of a pound of sugar for half a pound of squash, and some orange or lemon zest; the zest of one orange or lemon to a pound of squash. Cook with a not too lively fire for an hour and a half, stirring it very often, five minutes before the cooking is complete, add the juice of the orange or lemon. Put into jars; let them cool; close them and keep them in a dry cool place. (Fr.)

PUMPKIN, OR SQUASH PIE.—Select a fine, sweet pumpkin (or winter-squash), stew it slowly, until it is reduced to paste with no standing juice. Pass it through a strainer, and thin it to the consistency of batter; add to a six-quart pan of it a teaspoonful of salt, and sugar to suit the taste, ginger, and, if relished, nutmeg. If pumpkins are plenty, use no eggs; if not, three may be used to the six quart pan, and with milk

(or terralac) added; a little thin cream is a good addition. Cover a plate, to the edge with paste (p. 319); pack it to the rim of the plate, and prick it two or three times with a needle or pin; then bake the crust; and, while it is baking, make a roll of the paste as thick as your little finger and long enough to reach around the edge of the plate; pinch it, or leave it round, as you prefer; fill the paste, or shell, with the pumpkin, and bake it in a hot oven, without burning, or blistering. In filling the shell, do not drop any of the pumpkin on the edge. (Haskell.)

ANOTHER PUMPKIN, OR SQUASH PIE.—Remove the rind and seeds of a pumpkin, or winter-squash; cut it in pieces, and boil it until tender; then rub it through a sieve. Add to it, when cold, milk (or terralac) to thin it, and to each quart of milk five well beaten eggs; and sugar, cinnamon and ginger, to your taste. The quantity of milk depends on the size and quality of the pumpkin or squash. Bake with moderate heat, until the centre is firm. (Beecher.) Squash, being less rich than pumpkin, needs about one eighth more egg. (Harland.) Pumpkin pies so-called, outside of New England, are commonly made, in reality, with squash. The name chosen (with the hope that a better name will give a sweeter taste) clearly indicates that pumpkin is the superior material; as, indeed, it is considered in New England. Some claim that squash has a more delicate flavor; but it has less body than pumpkin, and, as Harland says, is "less rich," and it is not so fit a receptacle of flavoring spices. In fact, squash compared with pumpkin, is "as moonlight unto sunlight, or as water unto wine."

PUMPKIN OR SQUASH SOUP.—Take about two pounds of pumpkin, or winter-squash; remove the seeds and the rind to the depth of half an inch, and cut into square bits; put them into a sauce-pan with a cupful of water. Cook for an hour and a half with a fire that is not too lively, for fear they will burn; pass them through a strainer; put them in the sauce-pan again with a quart of milk (that you have taken pains to boil beforehand, so that it will not turn sour), or with terralac, a piece of butter as large as an egg, a small lump of sugar, salt and pepper and some slices of bread; set over the fire; stir from time to time; and at the first boil pour into the soup tureen. A similar soup may be made of melon that is too bad to eat. (Fr.)

ROOTS.

CELERIAC.

Celeriac, also called knot celery and turnip celery and German celery, is a kind of celery, with a root that is about as large as a white turnip, and that is eaten instead of the leaf-stems; but more often as a vegetable than as a salad. (Parloa.)

Celeriac is prepared in all the ways indicated for common celery, and is eaten as a salad, or cooked and browned; only instead of being separated into sprigs, it is cut into thin slices. (Fr.)

CELERIAC MASH.—Cook a quart of celeriac cut in dice thirty minutes in boiling water, rinse it in cold water; then pass through a fine strainer. Put two tablespoonfuls of butter into a saucepan; when it is hot, over the fire, add a tablespoonful of flour, and stir, until it is smooth and frothy, and then add the strained celeriac, and cook five minutes stirring often. Add a teaspoonful of salt and a gill of cream, or broth, and cook five minutes longer. If the mash seems dry, add more cream, or broth. The vegetable varies as to the amount of moisture it requires. It should be eaten very hot. It may be served up on toast, or fried bread. (Parloa.)

CREAM OF CELERIAC SOUP.—Follow the directions for celeriac mash just given, gradually adding a quart of hot white broth; rub through a fine sieve, return the soup to the fire, and add a cupful of boiled green peas, and a cupful of cream. Beat the yolks of two eggs, and add a cupful of cold cream to them; then stir the mixture into the soup. Draw back from the fire and beat with a whisk for a minute; then serve up at once. (Parloa.)

RADISH.

There are different varieties of radish: rose, white, gray, black. The preferable ones for a ceremonious dinner are the little rose radishes. They should be of a fine rose color, small and not hollow. The hollow radish is big and of a deep red color. Radishes are cleansed by removing the rootlets, and leaving two or three of the shortest leaves. The radishes are placed in order on side-dish shells with a little fresh water,

but very little, so as not to be sprinkled over the table. The radishes may be cut in such a way as to look like flowers; but when so cut are gastronomically much less delicate. The black radish, much more pungent than the little rose ones, is liked by many. It is commonly excluded from ceremonious dinners, but not absolutely so. Serve it up peeled and cut in slices as thin as a cent; place them in a side-dish shell; sprinkle them with salt. (Fr.)

HORSERADISH.

Wash horseradish roots, scrape off the outside skin, grate them fine, and mix with strong vinegar, and add to one pint of the grated horseradish a teaspoonful of sugar. (Haskell.)

HORSERADISH VINEGAR.—Pour a quart of the best vinegar boiling hot on four ounces of scraped horseradish. Let it stand a week then strain it off; renew the horseradish, pouring on the same vinegar cold, and let it stand a week longer, straining it again at the last. (Leslie.) At the beginning of the steeping, add an ounce of minced shallot and one drachm of cayenne pepper. (Kitchiner.)

ANOTHER WAY.—Make this in the spring: to one quart of grated horseradish add one quart of strong vinegar; press the liquor out as soon as possible; bottle, cork, and seal immediately. This must be made as speedily as possible, or the flavor will escape before bottling; use one ounce bottles, as it will become tasteless, if open one day. (Haskell.)

HORSERADISH POWDER.—Horseradish is in highest perfection about November; and the time to make horseradish powder is during November and December; slice the horseradish to the thickness of a quarter dollar, and lay it to dry very gradually in a Dutch oven (a strong heat soon evaporates its flavor); when it is dry enough, pound it up, and boil it. (Kitchiner.)

BEEET.

Wash the beets, cook them in the oven, or in water. Those cooked in the oven are better; they are sweeter, and have more flavor. The oven should not be too hot; and when they are large, they need six or seven hours of baking. (Fr.)

Beets may be had all through the summer, and also be stored well for winter use. Sometimes beets are cut in small

pieces, after boiling, and are served up with white sauce; but the commonest and most palatable way is to serve them up with butter. (Parloa.)

BOILED BEET-ROOT.—Wash and brush the roots, being careful to avoid breaking off the fibres, to prevent the juice from escaping and spoiling the appearance and flavor; put them into a pan of boiling water, adding salt and a small piece of soda; let them boil from one to two hours, according to size; put them into cold water, and rub off the skin with the hand; cut them in slices; lay them neatly on a dish and serve up with either vinegar or mustard sauce. (“Vegetarian Cookery.”)

BAKED BEET-ROOT.—Wash the roots perfectly clean; bake them whole, till tender; put them in cold water; rub off the skin with the hand; if they are large, cut them into thin round slices; but if they are small, slice them lengthwise; place them on a flat dish; garnish with parsley, and serve up with mustard sauce. (“Vegetarian Cookery.”)

FRIED BEET-ROOT.—Prepare the beets as for Baked Beet-root; season with pepper and salt; fry the slices in butter (or palatable oil); place on a flat dish; and garnish with parsley. (“Vegetarian Cookery.”)

BEETS WITH BUTTER.—Wash the beets, with care not to break the skin. Put them into a stew-pan with abundant boiling water, and boil them tender. Young beets will cook in an hour; older ones need more time; and in winter they become so hard as to take four hours, or more, of steady boiling to become soft, and are then only suitable for pickling in vinegar, after thorough boiling. Take the young beets, when they are cooked, from the boiling water, and drop them into cold water. Rub off the skin. Cut them in thin slices, and season with salt and butter. Serve up at once. (Parloa.)

BEETS FOR SALAD.—Cook the beets in the oven or in water; peel them; cut them in round slices a sixteenth of an inch thick, the thickness of a quarter of a dollar; pickle them in vinegar, with salt and pepper; place them around the salad that you wish to garnish and adorn. In case the beet-slices should not have been pickled, the salad dressing should have a little more vinegar. (Fr.)

BEETS IN COUNTRY FASHION.—Cook the beets in the oven or in water; peel them, cut them in round slices as thick as a quarter of a dollar; and treat them in the same way as carrots in country fashion (p. 248). (Fr.)

ONION.

Onions should be gathered from the soil after the tops are practically dead, and should be spread in a dry well ventilated place, to cure; and afterwards may be stored in crates or bags for winter use. There are several kinds that may stay in the soil all winter. The multiplier, or potato, onion contains, if large, a number of distinct hearts, and, if planted will produce a number of small onions; but if small, will produce a large onion. There is also the top, or tree onion, with a number of bulblets above ground, on the top of a stem. The small onion called shallot has small bulbs, or cloves, which are used in the same way as common onions; and its leaves are also used for flavoring. There is moreover, the cibol, or Welsh onion, grown either from seeds or bulbs. If the seed be sown in the autumn, the leaves will in the spring be ready to use for flavoring soups. (Beattie.)

The onion is the most useful of all our flavorers, and there is hardly a soup, stew, sauce, or the like, that is not improved by adding the onion flavor. Also, by itself, it may be prepared in several ways. The white onions are the most delicate, and therefore better, by themselves, than the yellow or red kind. The large Spanish onions and the Bermuda onions are likewise delicate and suitable for separate cooking. If the stronger onions are so cooked, they must be thoroughly kitchen-blanchd. (Parloa.)

BOILED ONIONS IN WHITE SAUCE.—Cut off the rootlets, and peel the onions, dropping them into cold water as soon as peeled. Drain them from the cold water, and put them into a stew-pan with boiling water enough amply to cover them. Add a teaspoonful of salt for each quart of water. Boil rapidly for ten minutes with the cover partly off. Drain off the water, and cover the onions with hot sweet milk (or terralac), a pint for a quart of onions. Simmer half an hour. Beat together a tablespoonful of butter and a level tablespoonful of flour. Add a teaspoonful of salt and a quarter teaspoonful of white pepper. Gradually beat in about half

a cupful of the milk in which the onions are cooking. When the mixture is smooth, stir it into the onions and milk. Let the dish cook ten minutes longer, and serve it up. (Parloa.)

FRIED ONIONS.—Peel some large onions; cut them in slices; season with salt and pepper, and fry them in butter (or palatable oil), till nicely browned. (“Vegetarian Cookery.”)

ENGLISH STEWED ONIONS.—Peel and slice the onions; put them into a dish with some butter (or palatable oil), previously browned; set them in a moderately hot oven, and when they are nicely browned, pour over them some rather thin butter sauce; season with pepper and salt, and let them stew a quarter of an hour longer. If the onions are strong, they should be boiled about five or six minutes before they are stewed. (“Vegetarian Cookery.”)

STEWED ONIONS.—Cut the onions in slices, and boil them in salted water for ten minutes. Drain them well, and return them to the stew-pan. For three pints of onion, measured before boiling, add two tablespoonfuls of butter, one teaspoonful of salt, and a quarter-teaspoonful of pepper. Cover the stew-pan, and cook over a hot fire for five minutes, shaking the pan to prevent the onion from burning. Set the stew-pan back, where the cooking will go on slowly for forty minutes. (Parloa.)

GLAZED ONIONS FOR A GARNISH.—Choose onions of about equal size; cut off the head and tail. Boil in water five minutes; cool in cold water. Take off the yellow peel and the first white layer; take out some of the middle part of the onion, and put in powdered sugar. Place the onions on a buttered dish. Brown them with a rather quick fire; turn the onions, so as to color them equally on the other side; when they are colored, add water or broth enough to cover them; boil down completely with a big fire, moistening the onions frequently. You must arrange to finish this cooking without taking too much time, for the onions would get mashed. (Fr.)

PICKLED ONIONS, a side dish.—Preferably take small onions, no larger than the end of your thumb; clean them, taking care not to injure them; remove the stem, or leaves, and the rootlets; put into an earthen jar, or into a bottle, or

a small glass jar, with enough very strong vinegar to cover them completely; add one or two cloves of garlic, tarragon, one or two allspice grains, peppercorns, cloves; cover up, and keep in a dry, cool place. (Fr.)

ONION SOUP.—For six: Three pints of water and a quarter of a pound of bread. Brown some butter as large as an egg (or use four tablespoonful of palatable oil); put into it two onions of medium size cut into very thin round slices; and let them become strongly colored. Add three pints of water, some salt and pepper; let them boil one or two minutes, and pour into the tureen upon the bread cut in very thin slices; serve it up boiling. You can grate cheese into the soup; it is a flavor that some like. (Fr.)

ONION SOUP WITH MILK is made in the way just described; only, you put in one half less of water, and at the last moment add one half of boiling milk (or terralac). (Fr.)

ANOTHER ONION SOUP.—For six persons: Put into a sauce-pan some butter as large as an egg, add half a spoonful of flour; stir over a quick fire, until the butter and flour are of a fine chestnut color; add two onions of medium size cut into thin round slices, and, when they have become colored, three pints of water, or a quart of water and a pint of milk (or terralac); boil four or five minutes, and pour upon a quarter of a pound of bread cut in very thin slices. You can also, instead of merely pouring upon the bread in serving up, let the soup boil one or two minutes with the bread. (Fr.)

ONION SOUP WITH RICE OR VERMICELLI.—Make the soup as directed for onion soup; only, instead of bread, put in rice or vermicelli; let it boil until the rice has burst, or until the vermicelli is cooked soft. If milk (or terralac) is put in, let it be put in boiling, and at the last moment. (Fr.)

ONION PIE.—Onions; apples; a quarter of an ounce of dried sage; and two ounces of butter (or four tablespoonfuls of palatable oil). Cut the onions in two, boil five minutes, and chop them small, adding the sage; season with pepper and salt, and put in a pie dish, with the butter (or oil) and a little water. Prepare the apples as for sauce, with a little sugar; lay them over the onions, cover with paste, and bake it. ("Vegetarian Cookery.")

ONION PUDDING.—Half a pound of onions; half a pound of bread-crumbs; a teaspoonful of dried sage; half a teaspoonful of thyme; and two ounces of butter (or four tablespoonfuls of palatable oil). Peel and cut the onions in two; boil them about ten minutes; drain away the water, and chop them, but not very small; put them to the bread, with the herbs and the butter, melted (or oil); season with pepper and salt; and boil it an hour and a quarter in a buttered basin. (“Vegetarian Cookery.”)

ONION AND SAGE PASTY.—Three quarters of a pound of onions; two ounces of fresh sage; half an ounce of parsley; and one ounce of butter (or two tablespoonfuls of palatable oil). Peel and cut the onions in two; boil them ten minutes; drain away the water; and chop them, adding the parsley, previously chopped small; season with pepper and salt; stir in the butter; roll out some pie paste; lay the herbs on one half, and turn the other over it; close it by pinching the edges together, and bake in a rather quick oven. When it is baked, pour in two tablespoonfuls of boiling water through a funnel, making a small hole in the crust; and serve up with brown sauce and apple sauce. (“Vegetarian Cookery.”)

ONION CHOWDER.—Cook a pint of minced onion and three tablespoonfuls of butter together for half an hour, but slowly, so that the onion will not brown. Then add three quarts of boiling water, a quart of potatoes cut in dice, three teaspoonfuls of salt, and half a teaspoonful of pepper; and cook an hour longer; then add a tablespoonful of fine herbs, and serve up. (Parloa.)

KEEPING ONIONS THROUGH THE WINTER.—Onions, shallot and garlic can be perfectly kept, if the needful precautions are taken. They should not be gathered before complete maturity, that is, not until their stems are entirely dry. On pulling them from the ground, expose them to the sun for some days to dry them; and then hang them in festoons in a dry loft, or spread them out on straw. (Fr.)

SHALLOT VINEGAR.—Peel, and chop fine four ounces of shallots, or small button onions. Pour on them a quart of the best vinegar, and let them steep a fortnight; then strain, and bottle it. (Leslie.)

CHIVE.

The chive is a small onion-like plant with flat hollow leaves, that are used for flavoring soup. They may be cut freely, and are soon replaced by others. (Beattie.)

TURNIP.

Turnips should be chosen quite sound, not hollow, and without worm-eating. For the pot-au-feu, or hotchpot, take preferably the common large turnips; for stews, small turnips. The true season for turnips is from the first of May to the end of February. Those who wish to lay in a stock of them for the winter should dig them up in October, by the end of that month, at latest; cut the leaves off an inch from the collar; place the turnips side by side on straw in a basement or cellar that is not damp and where it does not freeze. Turnips are cleansed by cutting off the leaves and a small part of their base, and by scraping. The scraping is done with a knife, holding them by one end; the stem and the rootlets are to be cut off, and the turnips are then to be washed with plenty of water. (Fr.)

Turnips are generally spoiled by overcooking. The flat, white summer turnip, when sliced, will cook in thirty minutes. If cooked longer it grows worse, dark in color and strong in flavor. Winter turnips need from forty-five to sixty minutes. (Parloa.)

BOILED TURNIPS.—Peel and slice the turnips. Drop them into a stew-pan with boiling water enough amply to cover them. Cook them tender; then drain them well. They are now ready to mash or chop. If they are to be mashed, put them back into the stew-pan, and mash them with a wooden vegetable masher; for metal is apt to give them an unpleasant taste. Season with salt, butter, and a little pepper. Serve up at once. (Parloa.)

HASHED TURNIPS.—Chop the above-mentioned drained turnips into rather large pieces. Return them to the stew-pan; and for a pint and a half of turnips, add a teaspoonful of salt, a quarter-teaspoonful of pepper, a tablespoonful of butter, and four tablespoonfuls of water. Cook over a very hot fire until all the seasonings are absorbed. Serve up at once. Or the pepper, butter, and a tablespoonful of flour may be

added to the hashed turnips; then the stew-pan may be placed over the hot fire and shaken frequently, to toss up the turnips. After so cooking them five minutes, add half a pint of milk (or terralac), and cook ten minutes. (Parloa.)

TURNIP HASH SOUP.—Three quarters of a pound of turnips; three quarters of a pound of potatoes; two tablespoonfuls of flour; two ounces of butter (or four tablespoonfuls of palatable oil); one large onion; and a tablespoonful of salt. Set three quarts of water in a well-tinned pan over the fire; put in the turnips (cut in small square pieces), and the onion (cut small); add the salt, and let boil for an hour; then put in the potatoes (also cut in pieces), and, after three quarters of an hour more of boiling, add the butter (or oil); rub the flour in half a cup of cold water, till perfectly smooth; pour it into the pan, and let it boil slowly a quarter of an hour longer, and then the liquid part of the mash will be of the consistency of thin butter sauce; boil it two hours, and keep it covered the whole time. (“Vegetarian Cookery.”)

TURNIP WITH WHITE SAUCE.—Scrape the turnips; remove the heads and tails; let the turnips cook with water and salt; and let them drain; serve up with Parisian or Norman white sauce. (Fr.)

TURNIPS WITH PULLET SAUCE.—Put into a sauce-pan a piece of butter and a tablespoonful of flour; when the butter is melted and well mixed with the flour, wet it with a cupful of water, add one or two onions, a flavor-posy, salt and pepper. Then add the turnips well-cleansed and washed and cut in halves; or in quarters, if large. Let them cook with a small fire. Take out the posy and the onions, thicken with the yolks of eggs, or yolks and cream (p. 118). (Fr.)

TURNIPS WITH SUGAR.—Take small turnips; clean and wash. Put into a sauce-pan a piece of butter, and let it brown slightly; then add the turnips. When they are of a fine color, sprinkle sugar over them; moisten with half a cupful of water, or of broth; season with salt and pepper, cook with a small fire, with the sauce-pan covered. (Fr.)

MASHED TURNIPS.—Clean the turnips by scraping them with a knife, and wash them; let them cook in water seasoned with a little salt. When they are well cooked, take them from the water, let them drain, mash them, pass them through the

strainer; mix them with butter, salt and pepper; warm them over the fire, while stirring them; serve up. (Fr.) Mashed turnips thoroughly mixed with mashed potatoes make a good combination.

FLEMISH OR TURNIP SOUP.—For six: Cook in three pints of water three or four turnips of medium size, as many potatoes and a piece of bread-crust, salt and pepper; mash and pass through the strainer; add enough water to make about a quart of the mash; let it simmer a quarter of an hour, stirring it now and then; add some chervil chopped fine and some butter as large as an egg; serve up as soon as the butter is melted. (Fr.)

TURNIP PIE.—One pound and a half of turnips; four ounces of onions; and one ounce of butter (or two table-spoonfuls of palatable oil). Pare and cut the turnips; season with pepper and salt, and put them in a pie-dish, with the onions, about half boiled, and chopped, adding the butter (or oil) and a little water; cover with pastry, and bake it. After the baking, more butter (or oil) may be added. (“Vegetarian Cookery.”)

RUTA-BAGA.

The culture and use of the ruta-baga are the same as for the turnip. (Beattie.)

POTATO.

There are many varieties of potato, and tastes differ about them. In America and England, the white, mealy varieties are the most prized. On the continent of Europe, the “yellow Holland” potato is a favorite. The white potato, when light and dry, is of a delicate flavor, and is thought to digest easily. It is especially suitable for boiling, steaming and baking, and for soup and mashing. The yellow potatoes are more suitable when it is desired that the whole potatoes, or pieces of them, shall retain their shape in cooking; and are best for salads, ragouts, hash, and the fried puffed potatoes. In general, the yellow potato has a richer flavor than the white. In spite of the common use of the potato, perhaps no other vegetable is so carelessly cooked, as a rule. In cooking, the somewhat nitrogenous juice is partly coagulated by the heat,

and the starch granules swell and burst, and the starch absorbs the watery part of the juice; and if the moisture is in the right proportion, the potato acquires a light, dry, glistening appearance, and becomes digestible. Ripe potatoes and those grown on a well drained or sandy soil, will generally be dry and mealy, if properly cooked. Potatoes grown in a wet season, or in a heavy damp soil, generally contain too large a proportion of moisture for the starch. Old potatoes that are allowed to sprout will be watery; probably because some of the starch has been withdrawn to feed the sprouts. Potatoes for the table should not be allowed to sprout, or to be exposed to strong light; for under such circumstances they produce a poisonous substance called solanin. Potatoes cooked in dry heat, as in the oven, or in hot ashes, or in deep frying-fat, or, with the jackets on, in steam, retain all their components, and have a more decided and savory flavor than when cooked in water; but, when done, must be served up at once, or they become soggy and bad flavored. Potatoes cooked in the skin should be free from blemish and washed absolutely clean. Potatoes kept until spring or early summer are better for being soaked in cold water and peeled before cooking. (Parloa.)

Potatoes from a culinary point of view, may be divided into two classes: those that may be fully cooked without becoming crushed or deformed, the ones oftenest used, generally long, twisted, or oval; and those that are easily crushed, therefore preferable for mashing, generally more spherical. For a garnish, prefer the kidney-potato and the Dutch potato; they keep their shape. The kidney-potato is superior in taste, but is rather rare; it may be replaced without much harm by the Dutch potato, which is recognized by its long oval shape and its smooth skin of a pale yellow color. Potatoes should have no mouldy or decayed spots even on the outside; avoid, too, those that have a greenish tinge. The color ought to be decidedly yellowish gray, or a fine red, or a fine violet, according to their variety. Avoid those that have begun to sprout. Potatoes can be kept fresh pretty long in a cellar or basement. They should be dug in dry weather, cleaned from earth and roots, left exposed some hours to the sun, turned from time to time; piled up on a straw bed in a dry place, where they will not freeze; and deprived as much as possible of light; and should be turned over with a shovel now and then. (Fr.)

BAKED POTATOES.—Select smooth, unmarred potatoes. Wash them perfectly clean. Put them uncrowded in an old baking pan kept for the purpose, and into a hot oven. Potatoes of medium size in a large hot oven will cook in forty minutes; but if the oven be filled with cold potatoes, it will be so chilled, that an hour will be needed for the cooking. Baked potatoes should be served up as soon as done. If they must be kept any time after complete cooking, break them, to let the moisture escape. Keep them in a warm oven or covered with cheese cloth in a stew-pan. (Parloa.)

POTATOES BAKED IN THE ASHES, OR IN THE OVEN.—Choose fine potatoes. Put them into very hot ashes, covering up with live coals, and let them cook three quarters of an hour; or an hour; take them out, remove the dust, and serve them up in a napkin. They can be eaten with butter and a little salt. It is better to bake the potatoes in the oven; they are cleaner, and some people are very fond of eating the skin. Wash them well, and cook them in a very hot oven. (Fr.)

POTATOES IN THEIR JACKET.—Wash the potatoes, cook them well covered with water, seasoned with a little salt; it takes about half an hour or three quarters; serve up, without peeling them, in a napkin folded in lozenge-shape, to keep them warm. These potatoes can be eaten with any kind of dish, and in England and Germany they take the place of bread. They can also be peeled, and brought to the table in a vegetable dish. (Fr.)

KITCHINER'S BOILED POTATOES.—Put to the potatoes as much cold water as will cover them about an inch; they are sooner boiled and more savory than when deeply drowned in water. Most boiled things are spoiled by having too little water, but potatoes are often spoiled by too much. They must be merely covered, and a little allowed for waste in boiling, so that they may be just covered at the finish. Set them on a moderate fire, till they boil; then take them off, and put them by the side of the fire, to simmer slowly, till they are soft enough to admit a fork. Place no dependence on the usual test of their skin's cracking; which, if they are boiled fast, will happen to some potatoes when they are not half done, and while the inside is quite hard. Then pour the water off; for if you let the potatoes stay in the water a moment after they are done through, they will become waxy and watery.

Uncover the sauce-pan, and set it far enough from the fire not to burn. Their superfluous moisture will evaporate, and they will be perfectly dry and mealy. (Kitchiner.)

FRENCH BOILED POTATOES.—Cook the potatoes in water with some salt; as soon as it is possible to remove the skin, peel them, put them over the fire again without water, with the kettle well covered, and let them finish cooking. These potatoes are eaten with butter and salt. (Fr.)

BOILED POTATOES.—A dozen or two ordinary-size potatoes, whether peeled, partly peeled, or unpeeled, if put on the fire in a large stew-pan and amply covered with boiling water, and the pan covered at once, will cook properly in thirty minutes from the time the cover was put on. Small potatoes will cook two minutes quicker, and very large potatoes will need about thirty-five minutes. If the potatoes are to be boiled in their skins, wash them clean, and then with a sharp knife cut a narrow band of the skin around the middle of the potato, and cut a little bit from each end. If the potatoes are to be peeled, use a very sharp knife, and remove the thinnest possible layer. The skins may be scraped off, if you prefer; and there are special knives for the purpose. Let the potatoes boil fifteen minutes, then add a tablespoonful of salt for every dozen potatoes. After cooking thirty minutes, drain off every drop of water, and let all the steam pass off. Now, you may serve them up; though they would even be improved by being kept hot for an hour or more, if well ventilated, so that they dry, rather than retain moisture. When boiled or steamed potatoes must be kept warm for any length of time, place the stew-pan on a tripod or iron ring on the stove, and cover the potatoes with one thickness of cheesecloth, to protect them from the cold air, and let the moisture pass off. (Parloa.)

STEAMED POTATOES.—Steamed potatoes are prepared in the same way as for boiling; and put into a vessel closed at the top, but with a perforated bottom; and the vessel is then put over a kettle of boiling water. The water must be kept boiling hard all the time. They need from thirty to forty minutes to cook. (Parloa.)

REHEATING POTATOES.—Cold boiled, steamed, or baked potatoes may all be appetizingly utilized; but they must be well seasoned to become savory, heated as hot as possible

without burning, and served up very hot. The cold potatoes may be sliced or cut in small pieces, and seasoned with salt and pepper; then, heated in the frying-pan with butter. A little minced onion, or chives, or green pepper, or a tablespoonful of green herbs may be added. A tablespoonful of butter and a teaspoonful of flour may be stirred over the fire, until smooth and frothy. Add a pint of well seasoned potatoes, and stir with a fork for three minutes; then add half a pint of milk (or terralac), and cook until they are thoroughly heated, taking care not to let them burn. A pint and a half of cold potatoes cut in cubes and seasoned with salt and pepper may be heated in a pint of white sauce. (Parloa.)

SCALLOPED POTATOES.—Cut in cubes a pint and a half of cold cooked potatoes; season them with a teaspoonful of salt and a quarter-teaspoonful of pepper; and mix them with a pint of cream sauce (or terralac sauce). Put the mixture into a shallow baking-dish, cover with grated bread-crumbs, and dot the surface with butter, or sprinkle with oil. Bake half an hour in a moderate oven. (Parloa.)

FOR A GARNISH.—Choose long potatoes that do not lose their shape in water, and of about equal size; peel them, wash them, and put them into a sauce-pan with enough water to cover them and with a little salt. Cook about fifteen or sixteen minutes; ascertain with a pin the progress of the cooking, and if it enters easily, throw the water away, and finish the cooking with the steam; that is, leave the sauce-pan over a gentle fire, and cover the pan with a sheet-iron cover, and put fire on the top. Eight or ten minutes will be enough to finish the cooking. If some of the potatoes cooked in water are left over, they can be used for a subsequent meal, either as a salad or mashed, or stewed, or as duchess potatoes. In the winter, when white salad for a mayonnaise is scarce, it may be replaced by boiled potatoes cut in round slices. Pour mayonnaise sauce on them. (Fr.)

LYONNESE POTATOES.—Put into a large frying-pan four ounces of butter, or eight tablespoonfuls of sweet oil, with two white onions sliced fine; fry until they are softened; add (say, one quart) peeled and sliced small cold boiled potatoes (the small ones are less liable to break). Season with salt and pepper, and fry a light brown, stirring occasionally; drain

off the butter, strew a handful of chopped parsley over the potatoes, mingle well, and serve up. (Leslie.)

HASHED POTATOES.—Peel, and hash, fine uncooked potatoes. To each quart allow a piece of butter half as large as an egg (or two tablespoonfuls of palatable oil), half a teacupful (or half a gill) of water, half a teaspoonful of salt, a dust of pepper only, if any; it is easier to add than to take out; put water, butter, salt and pepper in a spider until it is hot; then stir in the potatoes, and let them cook slowly; so as not to burn; stir often, but do not mash them; sweet cream can be added, if desired, when they are taken from the fire; this is nice for breakfast. (Haskell.) Starting with cold boiled potatoes, and omitting the water, and letting the potatoes become partly browned, you have hashed browned potatoes.

STEWED POTATOES.—Pick out potatoes that do not lose their shape in cooking, and are of about equal size; peel, wash and wipe them. Take a sauce-pan so large that the potatoes will not be one a-top of another; put in a good piece of butter, so that when it is melted it will be at least as deep at the bottom of the pan as one-sixteenth of an inch, or the thickness of a quarter of a dollar (or use oil). When the butter is quite hot, place the potatoes in it, and sprinkle them with salt and pepper; turn them over every two or three minutes, so that they will take color equally on all sides. Towards the end, they may be covered, to hasten the cooking. When they bend under the finger, they are done. (Fr.)

ANOTHER WAY.—Select potatoes that do not crush in cooking; wash them; half cook them with water and salt; peel them, and cut them in round slices half as thick as your finger. Let some butter slightly brown in a sauce-pan; put the potatoes into it; sprinkle with salt and pepper. Stew over a lively fire, until the surface of the potatoes is of a fine golden color. (Fr.)

FRIED POTATOES.—Peel, wash and wipe the potatoes; cut them in one direction or the other, as you prefer, in slices half as thick as your finger. Melt the frying-butter with a lively fire (or use oil), and when it begins to smoke, put in the potatoes; stir often with the skimmer, so that they will cook equally, they ought to be fully cooked at the end of eight

or ten minutes. When they are of a fine golden color remove them from the butter with the skimmer. Put them an instant on a strainer to drip; put them on a dish; sprinkle with salt; and serve up. (Fr.)

POTATO STRAWS.—Peel, wash, and wipe some potatoes; cut them in little sticks hardly twice as thick as a straw. Melt some frying-butter with a lively fire; when it is all smoking, put the potato-straws into it. Let them cook four or five minutes, often stirring with the skimmer, put them a second on the strainer, to dry; put them on a dish, sprinkle with fine salt, and serve up. (Fr.)

PUFFED POTATOES are a kind of fried potatoes that are very common in Paris restaurants, and that require great dexterity. The following receipt obtained from one of the best hotels at Cherbourg will, it is hoped, be clear. Peel, wash and wipe the potatoes, and cut them in round slices half as thick as your finger. As soon as the frying-butter is melted over a hot fire, put the potatoes in; as soon as the brown skin begins to form, take them out of the butter, and put them into other very hot frying-butter—not too many at a time, lest they injure one another. The skin will at once puff out. Take them from the butter, drain them well, sprinkle with fine salt, and serve up immediately. (Fr.)

POTATOES IN LANDLORD'S FASHION.—Choose potatoes that do not lose their shape in cooking; cook them with water and salt; it takes half an hour or three quarters. When they are well cooked, peel them, cut them in round slices half as thick as your finger, put them into a sauce-pan with a piece of butter, salt, pepper and parsley chopped fine. Stew for an instant over the fire, and serve up hot. When the potatoes are very small, there is no need to cut them. (Fr.)

POTATO-STEW.—Choose potatoes that keep their shape in cooking. Peel and wash them. Put into a sauce-pan a good piece of butter, and let it brown slightly over a lively fire (or use oil); put into it one or two onions cut in round slices; when the onion has taken a fine pale chestnut color, put the potatoes into the pan, with a cupful of water; season with salt and pepper, and a flavor-posy; let them cook with a fire that is not too lively for three quarters of an hour, or an hour. (Fr.)

POTATOES WITH WHITE SAUCE.—Choose potatoes that do not lose their shape in cooking. Cook them with water and salt; peel them; if they are large, cut them in halves, or quarters, or in round slices; pour on them a Norman or Parisian white sauce, with or without parsley chopped fine, and slightly acidulated with vinegar. (Fr.)

POTATOES IN SAILOR FASHION.—Choose potatoes that do not lose their shape in cooking; peel, and wash them. Put into a sauce-pan a dozen medium-size potatoes, a quarter of a pound of butter and a good spoonful of flour; stir over a quick fire, until the butter and flour are of a fine chestnut color; moisten with a cupful of water and as much wine; add salt, pepper, a flavor-psy, a dozen small onions, then the potatoes; cook, with covered sauce-pan, a half hour or three quarters. (Fr.)

POTATOES IN PROVENCAL FASHION.—Take potatoes that do not lose their shape in cooking; peel, and wash them. For a dozen potatoes of medium size, put into a sauce-pan six spoonfuls of oil, some salt, pepper, garlic, parsley, scallion chopped very fine, a little nutmeg, then the potatoes. Cook them with covered sauce-pan half an hour, or three quarters, stirring them from time to time. (Fr.)

MASHED POTATOES.—For six: Take twelve potatoes of medium size; preferably take round potatoes, of a very mealy kind. Wash them, cook them with water and salt. Peel them (carefully cutting out all the eyes or black specks), mash them, even pass them through the strainer, if you wish the mash to become quite fine; put them into a sauce-pan with a piece of butter as large as an egg (or four tablespoonfuls of oil), some salt, pepper and a little milk (or terralac), enough to make the desired consistency. Let them bubble once or twice, stirring them, so that they will not stick to the pan. Serve up. (Fr.)

BROWNE MASHED POTATOES.—Make mashed potatoes as directed above; put them into a dish; smooth over the top; sprinkle it with bread-crumbs; let it brown in the Dutch oven. (Fr.)

DUCHESS POTATOES.—For six persons, twelve potatoes. Prefer very mealy potatoes, among others the round yellow kind. Wash them; cook them in water with a little salt. Peel

and mash them; and pass them through the strainer; add to them some butter as large as an egg, three egg-yolks and whites, and, if you like, a little parsley chopped very fine; mix the whole well together. Divide into heaps as big as an egg; shape into balls, then flatten them, so as to form a cake of the thickness of the finger. In a frying-pan, or a broad-bottomed sauce-pan, slightly brown enough butter to make the depth of a sixteenth of an inch, or the thickness of a quarter of a dollar (or use oil); place in it the little potato-cakes near one another; when they are colored on one side, turn them on the other. When they are of a fine color, serve up. Instead of merely browning them in a dish, they can be out-and-out fried; and they can also be made into croquettes. Shape them like pears, or like corks, flour them, dip them in the yolk of an egg and the white beaten with a spoonful of oil and a spoonful of water, and then in bread crumbled very fine; fry in very hot butter. Serve them up ornamented with fried parsley. (Fr.)

POTATO SOUP.—Pare eight medium-size potatoes, and put them into a stew-pan with half a pint of chopped celery and four tablespoonfuls of minced onion. Cover with boiling water; put over a hot fire, and from that moment cook thirty minutes. Heat a pint and three quarters of milk (or terralac), in a double boiler. Mix a tablespoonful of flour with half a cupful of cold milk and stir them into the boiling milk. When the potatoes have been boiling thirty minutes, pour off the water, saving it to use later. Mash and beat the vegetables, until they are light and fine; then gradually beat in the water they were boiled in; rub them through a fine strainer; and put back on the fire. Add a teaspoonful and a half of salt and half a teaspoonful of pepper. Beat with an egg-whisk for three minutes, then gradually beat in the boiling milk. Add a tablespoonful of butter and a teaspoonful of minced chervil, or parsley; and serve up at once. (Parloa.)

FRENCH POTATO SOUP.—For six: Pare and wash seven or eight potatoes (more or less according to their size); cook them in enough water to wet them all over; when they are well cooked, at the end of about half an hour, mash them and pass them through the strainer. You should have at least three pints of the mash; and it should not be too thick. If it is, you will add a little water. Treat the mash in the same way as that for pea soup (p. 154). (Fr.)

POTATO SALAD.—Take potatoes that do not lose shape in cooking. Wash them, and cook them in water seasoned with salt. Peel them, and cut them in round slices. Sprinkle them with parsley and scallion chopped fine. Season like an ordinary salad, with oil, vinegar, pepper and salt. This salad may be ornamented with round slices of cooked beets, with capers, and the like. Instead of the common salad dressing, you can pour on it a white or green mayonnaise dressing. (Fr.)

CABBAGE AND POTATO MASH.—Peel six medium-size potatoes; put them into a stew-pan with boiling water enough to cover them; and cook them just thirty minutes. Pour off the water, and mash them fine and light. Beat in half a pint of milk (or terralac), two teaspoonfuls of butter, two teaspoonfuls of salt, half a teaspoonful of pepper and a pint of boiled and finely minced cabbage, cook about five minutes longer. (Parloa.)

POTATO PIE.—Two pounds of potatoes; two ounces of onions (cut small); one ounce of butter (or two tablespoonfuls of palatable oil); and half an ounce of tapioca. Pare and cut the potatoes; season with pepper and salt; put them in a pie-dish, adding the onion, tapioca, a few pieces of butter (or the oil) on the top; and half a pint (a cup) of water; cover with paste, and bake in a moderately hot oven. A little celery, or powdered sage, may be added. (“Vegetarian Cookery.”)

CARROT.

Choose very fresh carrots, of thickset shape, and of a fine dark color. The season for new carrots is from the first of May until the beginning of October. Those that are to be kept through the winter should be dug up in October, at latest by the end of that month, in quite dry weather. Cut off the leaves at an inch from the neck; place the carrots side by side on straw in a basement, or cellar, that is not damp, and where it does not freeze. Carrots are cleansed by cutting off the leaves and a small part of the neck, and by scraping with a knife, holding the root by one end; the tip of the root and the rootlets are cut off, and the carrots are washed in plenty of water. Carrots for the pot-au-feu are cut lengthwise; those for garnishing stews are cut in round slices, or in the shape of corks or small pears. (Fr.)

The carrot is valuable as a vegetable and as a flavorer. When partially grown and fresh, its flavor is delicious, and it is so tender that it can be cooked without water. As it grows older, the flavor becomes stronger, and, in most varieties, the heart grows hard and woody; and then only the outer layers are desirable for food. (Parloa.)

BOILED CARROTS.—Wash and brush the carrots; boil them in plenty of water, till quite tender, adding a little salt; rub off the skin with a clean cloth; cut them in slices, and serve them up with butter sauce. ("Vegetarian Cookery.")

CARROTS WITH WHITE SAUCE.—Scrape the carrots lightly; then cut into large dice or slices, put into a stew-pan with salted boiling water, allowing a teaspoonful of salt for a quart of water; and boil them tender. Young carrots will cook in thirty minutes, old ones in forty-five. Drain, season with a little salt, put them into a vegetable dish, and pour white sauce over them. Or, after the draining, put the carrots back into the stew-pan, and for every pint of them add a tablespoonful of butter, a teaspoonful of sugar, half a teaspoonful of salt, and a gill of water; and cook over a hot fire, until the carrots have absorbed the seasonings and liquid. (Parloa.)

CARROTS IN COUNTRY FASHION.—Scrape some fine red carrots with a knife and wash them; let them cook in water with a little salt; when they are well cooked, cut them in round slices of the thickness of a quarter of a dollar. For about a pound of carrots, put into a sauce-pan, or a frying-pan, some butter as large as an egg, let it brown slightly, and add two onions cut in thin round slices; when the onions have taken a fine chestnut color, put the carrots in with a cupful of milk; thicken with half a spoonful of flour; season with salt and pepper; let simmer ten minutes, and serve up. (Fr.)

SMALL NEW CARROTS WITH PULLET SAUCE.—Scrape some small new carrots, cut off the tips and the rootlets, wash well. For about a pound of carrots put into a sauce-pan some butter as large as an egg, and a spoonful of flour; melt, and mix well; moisten with a cupful of water; add one or two onions, a flavor-posy, season with salt and pepper, boil for several bubbles; put the small carrots in, let them cook half an hour, take out the posy and the onions, thicken with two yolks of eggs, or with yolks and cream (p. 118). (Fr.)

CRESSY OR CARROT SOUP.—Cleanse, and wash about half a pound of carrots, cut them in pieces, put them into a sauce-pan with some butter a little larger than an egg and with the white part of two leeks and an onion of medium size cut in quarters. Cook slightly in the butter. Then put with them a pint of water and two ounces of bread; let them simmer over a gentle fire with the sauce-pan covered, until the carrots are entirely cooked. Pass them through a fine strainer; then set them over the fire again with a quart of water. Simmer quite gently for about an hour with the sauce-pan covered, taking care to stir now and then with a wooden spoon. Serve up with fried bits of bread. (Fr.)

CARROT PIE.—Carrots and three ounces of butter (or six tablespoonfuls of palatable oil). Fill a dish with carrots, half-boiled and cut in slices; season with pepper and salt; put in the butter (or oil), and a little water; cover with paste, and bake it. (“Vegetarian Cookery.”)

ANGEL LOCKS.—Scrape and wash a pound and a half of fine red carrots; cut them in very fine strips like straws; put them one or two minutes into boiling water; then take them out, and drain them. Into a sauce-pan put a pound of sugar with a cupful of water; boil ten minutes, and put in the carrot strips and a lemon-zest chopped very fine. When the syrup is well boiled down, squeeze upon the carrots the juice of a lemon. When the syrup is completely boiled down, take it from the fire; spread the strips upon a plate; let them cool; pile them up in the shape of a pyramid, and serve up. (Fr.)

SALSIFY OR OYSTER PLANT.

Salsify is of a yellowish-gray color; viper’s grass, or winter salsify, called scorzonera, is black; the viper’s grass is often the more tender. Both are prepared in the same way. The sort of leafy heart made up of the leaves where they join the root of the salsify is good to eat. It is cleansed and washed, and put in bunches, and is cooked with the salsify, or separately, in all the ways indicated for salsify. (Fr.)

Salsify may be left in the ground over winter, and can therefore be used in the late summer, fall and spring. To prevent it from turning dark, it must be dropped, as soon as it is

pared and cut, into a mixture of flour and water made slightly acid with vinegar. (Parloa.)

COOKING SALSIFY.—Wash and scrape six good sized roots, then cut them into slices about three inches long, and drop them into a mixture of a tablespoonful of vinegar, two tablespoonfuls of flour, a teaspoonful of salt, and three pints of water. In a stew-pan over the fire, cook thirty minutes, counting from the time the boiling begins. Drain the salsify, and serve it up in a white sauce. Or mix together a tablespoonful of butter, half a teaspoonful of salt, a teaspoonful of lemon juice, and a teaspoonful of minced parsley, or chervil; and add the mixture to the drained salsify, and serve up at once. (Parloa.)

SALSIFY WITH WHITE SAUCE.—Scrape the salsify roots, remove the top and the rootlets, and throw into water to which a little vinegar has been added, a quarter of a cupful of vinegar to two quarts of water; this precaution is to prevent the roots from turning black. Boil enough water to cover the salsify completely, with a small handful of salt; when it boils with big bubbles, put the salsify in; cook half an hour; drain well. Put into a dish, pour on it a Parisian or Norman white sauce; boil a bubble or two; add a little vinegar; serve up. (Fr.)

SALSIFY WITH PULLET SAUCE.—Scrape the salsify, remove the top and the rootlets, and throw into water with a little vinegar, a quarter of a cupful of vinegar to two quarts of water; this is to prevent the roots from turning black. Put into a sauce-pan some butter and some flour; when the butter is melted and well mixed with the flour, moisten with two cupfuls of water; add salt, pepper, one or two onions, then the salsify; there should be enough sauce to cover the salsify, when it is put into the sauce-pan. Cook, with covered sauce-pan, half an hour at least. Take out the onion; thicken with the yolks of eggs, or with the yolks and cream (p. 118). If the sauce at the end of the cooking is too thin, take out the salsify, with a skimmer, and boil down the sauce with a big fire, before adding the thickening. The left-over part of the salsify with pullet sauce can be fried. (Fr.)

FRIED SALSIFY.—Prepare, and cook the salsify in boiling water with a little salt as if for a white sauce, or a pullet sauce; dip into frying batter (p. 312), and fry of a fine color. (Fr.)

SCORZONERA.—Wash and scrape the scorzonera (or viper's grass, or winter salsify, black) taking off the tops, as with carrots; put it in cold water; tie in small bundles, and boil in the same way as asparagus; and serve it up on toast with butter sauce. Salsify is prepared in the same way. ("Vegetarian Cookery.")

FRIED SCORZONERA.—Wash and scrape the scorzonera, taking off the tops, as with carrots; boil it, till it is tender; then dip it in butter, and fry it; lay two or three of the roots together, and serve them up with brown sauce. ("Vegetarian Cookery.")

PARSNIP.

The parsnip has a strong flavor, and is probably not so generally liked as most of the other roots. It is at its best in the early spring, when it has been in the ground all winter. (Parloa.)

COOKING PARSNIPS.—The simplest method of cooking the parsnip is to wash it clean; boil it, and then scrape off the skin; then cut it in slices and put them into the vegetable dish, and season them with salt and butter. Tender parsnips, fresh from the ground, will cook in thirty-five minutes; old ones need from forty to fifty minutes. The cooked and peeled parsnips may be chopped rather coarse, seasoned with salt and put into a stew-pan with hot milk (or terralac) enough to cover them. Put the stew-pan on the stove where the heat is moderate. Stir into them, for every pint and a half a tablespoonful of butter (or two of oil), and a teaspoonful of flour; and simmer for ten minutes. Parsnips, after boiling, are often cut in slices and fried in butter. (Parloa.)

BAKED PARSNIPS.—Scrape or pare the parsnips, and if they are large, cut them into quarters; lay them on a flat baking dish; add a little water; dredge with flour and salt; and bake, till soft, and slightly browned. A little butter (or palatable oil) may be put on the top just before serving them up. ("Vegetarian Cookery.")

JERUSALEM-ARTICHOKES.

Jerusalem-Artichokes, tubers of the *Helianthus tuberosus*, a kind of sunflower, look a little like deformed, twisted and violet-colored potatoes. In taste, they resemble the bottom

of the globe-artichoke (*Cynara scolymus*), but are a little more insipid and sweeter. They are eaten alone, or as a garnish. They can be used as a garnish where salsify or artichoke-bottoms are used. (Fr.)

The jerusalem-artichoke is in season in the fall and spring; and may be cooked like kohlrabi, and served up in a white, or cream, sauce; or it may be cooked in milk (or terralac); and it makes a very good soup. (Parloa.)

BOILED JERUSALEM-ARTICHOKES.—Wash and brush the artichokes; but do not peel them; boil them as potatoes; drain and peel, and serve them up hot in a vegetable dish, with butter sauce poured over them. They may also be boiled and mashed as turnips, with a little cream (or terralac); adding pepper and salt. (“Vegetarian Cookery.”)

JERUSALEM-ARTICHOKES IN MILK (OR TERRALAC).—Cut the washed and peeled artichokes into cubes; put them into a double boiler stew-pan, and cover with milk (or terralac), a large pint to a quart of cubes. Add a small onion and cook twenty minutes. Beat together a tablespoonful of butter and a level tablespoonful of flour, and stir them into the boiling milk. Then season with a teaspoonful of salt and a quarter-teaspoonful of pepper, and continue the cooking half an hour longer. (Parloa.)

JERUSALEM-ARTICHOKES WITH WHITE SAUCE.—Wash some jerusalem-artichokes, put them over the fire with enough water to cover them, and with some salt. Prove the cooking with a pin; it must penetrate very easily; it needs about half an hour, or three quarters, of cooking. Peel them, cut them in round slices; put them in a Parisian or Norman white sauce, into which you put a little vinegar; let them bubble again. Serve up. (Fr.)

JERUSALEM-ARTICHOKES IN LANDLORD’S FASHION.—Cook jerusalem-artichokes as if for a white sauce, with water and salt; peel them; cut them in round slices; stew them with a good piece of butter (or with oil); sprinkle them with salt and pepper and parsley chopped very fine; serve up as soon as the butter is melted. A dash of vinegar can be added. (Fr.)

FRIED JERUSALEM-ARTICHOKES.—Cook jerusalem-artichokes as if for a white sauce, with water and salt; peel them; cut them in round slices; souse them in a little vinegar, with

salt and pepper, dip them into frying-batter (p. 312). Fry them in very hot butter or oil. (Fr.)

JERUSALEM-ARTICHOKE SALAD.—Is made in the same way as potato salad. (Fr.)

JERUSALEM-ARTICHOKE FOR A GARNISH.—Cook jerusalem-artichokes as if for a white sauce, with water and salt; peel them, cut them in round slices or lengthwise. Put them into the white or brown stews to be garnished, one or two minutes before serving up. (Fr.)

JERUSALEM-ARTICHOKE WITH PULLET SAUCE.—Put into a sauce-pan a piece of butter (larger or smaller according to the number of jerusalem-artichokes) and a good tablespoonful of flour; stir over the fire with the wooden spoon, until the butter and flour are well mixed; add about two cupfuls of water, some salt and pepper; boil several bubbles; add the jerusalem-artichokes well peeled, washed and cut in round slices not thicker than your finger, then one or two onions. Cook about half an hour; thicken with the yolks of eggs, or the yolks of eggs and cream (p. 118). Serve up. (Fr.)

SWEET-POTATO.

At the North, the dry sweet-potato is preferred; at the South, the moist. Potatoes grown for the northern market are commonly less sweet and moist than those for the southern. But long cooking will make any sweet potato moist. (Parloa.)

Sweet-potatoes may be cooked in all the ways indicated for potatoes. (Fr.)

BAKED SWEET-POTATOES.—Wash the potatoes, and bake, the same as white potatoes. Small ones will bake in half an hour, but very large ones need an hour or more. If you like them very moist and sweet, bake from an hour to two hours, according to their size. (Parloa.)

BROWNE SWEET-POTATOES.—Boil medium-size sweet potatoes forty-five minutes. Peel them and cut them in halves lengthwise. Put them in a baking pan, and baste them with butter (or sweet oil), and season with salt. Cook them in a hot oven for twenty minutes. (Parloa.)

FRIED SWEET-POTATOES.—Cut the boiled potatoes in slices, and fry them brown in butter. Or the potatoes may be cut

in quarters lengthwise, put into a frying basket, and cooked for ten minutes in smoking hot butter (or oil) that is deep enough to cover the potatoes. (Parloa.)

CANDIED SWEET-POTATOES.—Candied sweet potatoes are much liked at the South, and when well prepared are extremely palatable. Cut boiled sweet potatoes into large slices; place them in an earthen dish; put lumps of butter (or oil) on each slice; and sprinkle with sugar. Some cooks add a little water also. Bake until the sugar and butter have candied, and the potatoes are brown. (Parloa.)

VARIOUS VEGETABLES MIXED.

VEGETABLE HASH.—Hash may be made of one or many cooked vegetables. The potato is the most useful vegetable for a hash, as it combines well with other vegetables. The vegetables should be cut fairly fine, yet not so fine that the pieces lose their shape, or stick together. Each vegetable must be cut up separately; then all be mixed. They must be well seasoned with salt and pepper; and, if liked, a little minced onion, chives, parsley, chervil or finely minced green pepper may be added. The hash must be moistened a little with broth, milk (or terralac) or water, not more than half a cupful for a quart of hash. Spread the mixed, seasoned and moistened hash lightly upon a tablespoonful of butter melted (or use oil) in a frying-pan, adding over it little dots of butter, about another tablespoonful in all (or, instead two spoonfuls of oil). Cover the pan, and place it where the hash will not burn, but where the heat is fairly good; and cook for half an hour; then fold and turn on a hot platter. A rich brown crust will have formed on the bottom of the hash, if the heat was enough. Serve it up very hot upon hot plates. (Parloa.)

VEGETABLE BROTH (OR STOCK RESEMBLING ORDINARY STOCK).—Into three quarts of water put four or five carrots, one turnip, three or four leeks tied together in a bunch, a piece of cabbage, an onion with two cloves sticking in it, a flavor-posy, a sprig of celery, some salt, some pepper-corns, a quarter of a pound of butter; let them boil gently for three hours; taste; add coloring. After passing this broth through a strainer, you may use it like ordinary stock. It is particularly good with rice and tapioca, to which you add the car-

rots washed and passed through the strainer. (Fr.) The French author adds: "I have seen individuals think they were eating a meat soup, a little light, it is true, but very nice." As a matter of fact, it is more nourishing than the in-nutritious, if not even poisonous (see p. 56), soup-stock or consommé made with meat.

VEGETABLE BROTH.—Half fill a pan that will contain about four quarts with turnips, carrots, onions and other vegetables (cut in pieces); add seasoning herbs, mushrooms and salt; nearly fill the pan with water, and boil all together, till the vegetables are tender; then strain it, and use as required. ("Vegetarian Cookery.")

BROWN SOUP.—One pound of turnips; one pound of carrots; half a pound of celery; six ounces of onions; one pint and a half of peas; four ounces of butter (or eight spoonfuls of palatable oil); and half a pound of bread. Cut the vegetables into small pieces; put them into the pan with the butter (or oil), cover the pan, and let them stew over the fire, till brown, occasionally stirring them; put in the peas with the water in which they were boiled; add enough boiling water to make three quarts in all; next add the bread, which should be browned, or toasted, before the fire, but not burnt; season with black pepper-corns, pimento (allspice) and salt; let the soup boil gently three or four hours; rub it through a coarse sieve; return it into the pan; let it boil, and it will be ready to be served up. If dried peas be used, they should be steeped twenty-four hours in soft water, and boiled two hours. ("Vegetarian Cookery.")

ANOTHER BROWN SOUP.—Six turnips; six carrots; four potatoes; four onions; and three roots of celery. Slice and fry the vegetables in butter (or palatable oil); put them in a pan with five quarts of boiling water; let them stew four or five hours; pass the soup through a sieve; season with pepper and salt, and when it is boiled it will be ready to serve up. ("Vegetarian Cookery.")

MIXED VEGETABLE SOUP.—When three quarts of water are boiling hard in a stew-pan, add a quart of shredded cabbage, half a pint of minced carrot, half a pint of minced turnip, half a pint of minced onion, a leek, two tablespoonfuls of minced celery, and two tablespoonfuls of green pepper. Boil

rapidly for ten minutes, then draw the pan back where it will boil gently for an hour. Then add a pint of sliced potato, two tomatoes, two tablespoonfuls of butter (or four tablespoonfuls of palatable oil), three teaspoonfuls of salt and half a teaspoonful of pepper; and cook an hour longer. Have the cover partly off the sauce-pan throughout the cooking. The soup may be varied by using different kinds of vegetables. (Parloa.)

HERB SOUP.—Into a stew-pan with four tablespoonfuls of butter (or, say, eight tablespoonfuls of palatable oil) put the white heart leaves of a head of lettuce, half a pint of spinach, and a quarter-pint of sorrel, that all are fresh and tender and free from tough midribs, and that have been washed and shredded (the spinach finely), and a quarter-pint of a blanched and thinly sliced leek; and cook them fifteen minutes, taking care not to brown them. Then add four potatoes of medium size, three teaspoonfuls of salt, and two quarts of boiling water. Place the stew-pan where the soup will boil quickly; and as soon as boiling begins, draw the pan back where it will boil gently for an hour. Then crush the potatoes with a fork; add a tablespoonful of chervil; simmer five minutes longer; turn into the soup-tureen; add half a pint of bread cut in dice and fried in butter, or browned in the oven; and serve up. If preferred, the soup may be rubbed through a fine strainer; returned to the fire; and when boiling hot, be poured on the yolks of two eggs that have been beaten with two tablespoonfuls of milk (or terralac). This soup may be varied indefinitely. Any number of green vegetables may be used, with care to use only a small quantity of those that have strong flavor. (Parloa.)

ГОТЧПОТЧ.—Four large turnips; one pound of carrots; one onion; one lettuce; and parsley. Set four quarts of water in a pan on the fire, and put in the carrots and turnips (part of which must be grated, and the rest cut in small square pieces) with the other vegetables (all cut small); season with pepper and salt, adding a small piece of soda, and let all boil well together slowly. Young green peas may be added, part of them to be put in with the other vegetables, and the rest about an hour before the soup is ready. Other vegetables may be added. (“Vegetarian Cookery.”)

WINTER HOTCHPOTCH.—Four carrots; four turnips; four onions; one pound of dried green peas; one savoy cabbage; and one root of celery. When the peas have been picked and washed, steep them twelve hours in fresh soft water, or with a small piece of soda put into the water in which they are to be steeped; put half the carrots and the turnips (sliced), and a whole one of each, the peas, cabbage and onions into a pan with four quarts of water; let the whole boil two hours, then take out the whole carrot and turnip; bruise them well, and return them with the rest of the sliced vegetables into the pan; boil the whole gently for an hour, and when they are nearly ready, add the white part of a root of celery cut into very small shreds. (“Vegetarian Cookery.”)

SPRING SOUP.—Cook in some water (or broth), along with some sugar as large as an English walnut, a medium-size carrot, a small potato, a small turnip cut into balls as thick as the little finger, and a small handful of young lima-beans (flageolets); add water (or broth) enough to complete the soup; then, when the whole boils well, a quarter of an hour before taking from the fire, add asparagus-tips, green peas and some small bits of cauliflower. (Fr.)

SPRING SOUP WITH POACHED EGGS.—If you desire a soup still more elaborate than the foregoing, you can add to it in the soup-tureen some poached eggs. One of them is served up with some soup and some of the vegetables to each guest. It is a dish prized by epicures. (Fr.)

JULIENNE SOUP.—For six: Take a large carrot, or two of medium size; a potato; a small turnip; a leek; a small onion; a very small sprig of parsley; one or two cabbage-leaves. Cut the carrots, potato, turnip, cabbage-leaf into very fine little strips; chop up the onion, the leek, the parsley and the celery. Put some butter larger than an egg (or, say, four table-spoonfuls of palatable oil) and some sugar as large as a large English walnut into a sauce-pan, and let them brown slightly; cook in them slightly the vegetables prepared as just described; add a cupful of water, salt, pepper; let the whole simmer two hours over a gentle fire. Add three pints of water; boil a quarter of an hour longer; add coloring, if necessary; serve up hot. A spoonful of rice may be added and cooked along with the vegetables. Also it is an improvement to add some

green peas, or string-beans, or lima-beans, lessening a little the quantity of the other vegetables. (Fr.)

MASHED JULIENNE SOUP.—Strain the foregoing soup; let it simmer some minutes on the fire; serve up. This kind of soup should not be too thick. (Fr.)

JULIENNE SOUP WITH DRIED VEGETABLES is not so good as with fresh ones, but sometimes may do. Soak the vegetables some hours in advance; drain them. Brown the butter and sugar; add the vegetables, and proceed as with fresh ones. (Fr.)

BROWN VEGETABLE-MEDLEY, a garnish.—For eight or ten persons: Into a sauce-pan put some butter as large as an egg (or four tablespoonfuls of oil) and a tablespoonful of flour; stir over a quick fire, until the butter and flour are of a fine chestnut color; moisten with two cupfuls of water, or of broth; season with salt and pepper, and add the following vegetables: two medium-size carrots and a turnip cut into pieces at most as thick as your little finger, and a quarter as long; a medium-size onion chopped fine; a handful of small lima-beans; a lump of sugar as large as an English walnut. Let simmer at least two hours. An hour before the cooking is complete, add a handful of string-beans well picked over and cut to half the length of your little finger; a fine potato cut like the carrots and the turnip (the string beans and the potato are added late, because they need less time for cooking); boil down to a not too dilute sauce; put into the dish; place thereon what viands you please; ornamented with little branches of cauliflower, or little piles of green peas, asparagus-tips, brussels-sprouts; cook each kind separately, with water and salt. It is not indispensable that all the vegetables indicated should enter into this stew; those are used that you can get; a cook, though she has a good guide, must sometimes have discretion of her own. (Fr.)

WHITE VEGETABLE-MEDLEY, a garnish and side dish.—For eight or ten persons: Proceed exactly as just described for the brown vegetable-medley, but without waiting until the butter and flour become brown, only until they are well mixed; and add the same vegetables in the same way. Boil down to a not too dilute sauce; thicken with two yolks of eggs, or one yolk and two spoonfuls of cream; put into a dish in

the same way and with the same additions as just described for the brown vegetable-medley. The white vegetable-medley can be used without any accompanying viand; then it is a side dish, and it can be presented, if you like, surrounded by fried bits of bread. (Fr.)

VEGETABLE-MEDLEY SALAD, salad and side dish.—Cook in water with a little salt, but separately, a handful each of celery chopped fine, string-beans, small lima-beans, green peas, brussels-sprouts; also, the bottoms of two artichokes, one cauliflower, three potatoes, two medium-size carrots, two medium-size turnips. Drain them well, and let them cool; cut the artichokes, potatoes, carrots and turnips in slices, the cauliflower in small sprigs. Arrange the different vegetables symmetrically and tastefully in a salad-bowl; adorn with some cores of lettuce, or Roman salad, but in small quantity, and some hard boiled eggs cut in quarters, and the like. Season with salt, pepper, oil and vinegar, like an ordinary salad, but a little more; or else pour upon it a white or green mayonnaise. (Fr.)

VEGETABLE PIE.—Carrots; turnips; onions; celery; and two ounces of butter (or four tablespoonfuls of palatable oil). Cut the vegetables in pieces, put them in the pan with the butter (or oil), and very little water; season with pepper and salt; stew them over the fire, and when they are nearly tender, pour them into a pie dish; when it is cool, cover with paste, and bake it. (“Vegetarian Cookery.”)

A VEGETABLE CURRY.—A stew called kari (or kah-ree) by the Hindoos. For two portions: Cut a small onion, or half a large one, into thin slices and put them with a piece of butter the size of an egg (or four tablespoonfuls of olive oil, or other palatable oil), into a sauce-pan, and let them brown slightly over the fire. Pare a good-sized potato and a half, or one large potato, and cut it into thin slices, and wash them. When the onion is browned, add to it the potato and, if convenient, half a pint of canned green peas; and cover the pan. Mix a good tablespoonful of wheat flour with very little water, so as not to become lumpy; then, add enough water to make about a cupful in all; and put in a teaspoonful of curry-powder (more or less, according to taste) and a teaspoonful of salt. Add this mixture to the potatoes, when they have cooked some fifteen minutes, and are almost soft;

and, stirring all the time, or still better in a double boiler, let the whole cook gently an hour or so longer. Instead of the peas, or in addition, one or more other vegetables may be added: asparagus cut in short bits, or any other shoots, or mushrooms; spinach, or other leaves; any kind of pulse; egg-plant cut in small pieces, tomatoes, okra, cucumbers, pumpkin or squash; in short any vegetables rich in protein, but not sweet, and very starchy ones in addition to the potato. Macaroni can be put in, or even bread-bits. The potato can be used alone; or can be omitted. If canned food be used, it should be put in after the potato has cooked for fifteen minutes. For eating you use a dessert-spoon and fork to mix the curry with boiled rice; and, in eating the partly liquid mixture, use the spoon. The rice should be boiled in such a way as to be loose, though thoroughly cooked and soft. Instead of rice, hominy may be used, having nearly the same composition; or finely crumbled bread can be used instead of rice. A speck of chutney can, in eating, be added to each spoonful of curry and rice. It is a great mistake to suppose that very hot spicing is essential to curries; though it is true, that Europeans living in the tropical East, with little bodily exercise, and consequently with torpid stomachs, are apt excessively to crave such a stimulant.

WHITE CURRY.—To curry (especially if made with gourds), cocoanut milk may be added; or, instead, almond milk, or filbert milk, or brazil-nut milk, or terralac (peanut milk).

CURRY POWDER.—Pound the following ingredients in a marble mortar, and rub them through a fine sieve: three ounces each of coriander seed and turmeric; one ounce each of black pepper, mustard and ginger; one half ounce of allspice, and rather less of cardamoms; one quarter ounce of cumin-seed. Thoroughly pound and mix them together, and keep them in a well stoppered bottle. The ingredients are the same as are used in India, except that, there, some are in a raw green state. (Kitchiner.) In India, the cook mixes the spices according to his own taste.

CURRY POWDER.—Three ounces of coriander seed; three ounces of turmeric; one ounce each of black pepper, mustard and ginger; half an ounce each of mace and cloves; less than half an ounce of cardamoms; and a quarter of an ounce each

of cumin-seed and cayenne pepper. Put the ingredients in a cool oven all night; pound them in a marble mortar; rub them through a hair sieve, and keep in a bottle well corked. ("Vegetarian Cookery.")

CHUTNEY is variously compounded, and has various names according to the leading ingredient: Tomato, cucumber, brinjal, coconut, mint, cranberry, cranberry and tamarind, mashed potato, mango, mango and tamarind, apple and gooseberry chutneys. To the leading ingredient some onion, celery, and green chillies, all chopped, and salt and vinegar are added, but no oil (except to the cucumber, together with some sugar). The mint should be scalded and sweetened. To the cranberry, made mustard and pounded preserved ginger is added; also to the cranberry and tamarind, together with chillies and mustard seed. To the mashed-potato, add minced onions, green chillies, salt, pepper, vinegar and some sugar. To the mango, mango and tamarind, apple and gooseberry chutneys are added dried currants or raisins, ginger, red pepper or chillies, garlic, mustard-seed, sugar, and vinegar. Joan Cromwell's grand salad, practically a chutney, contained equal parts of almonds, raisins, capers, pickled cucumber, and boiled turnips, together with cream, oiled butter, or olive oil, and a salad-flavoring mixture of vinegar, lemon and herbs. (Thudicum.) Green peaches make the best imitation of the Indian mango. (Kitchiner.)

NUTS.

WALNUTS.

GIVING TO DRY OLD WALNUTS THE APPEARANCE OF FRESH ONES.—It is only necessary to soak the old walnuts seven or eight days in cold water. They regain a part of their first quality, and the pellicle is easily removed. (Fr.)

SALTED GREEN WALNUTS.—Take large English walnuts at the moment when the meat is fully formed but not completely ripe; split them in two; with the point of a knife detach each half-meat and throw them one by one into cold water mixed with a little vinegar, to hinder their turning black. At the moment of serving up the green walnuts, drain them, and put them in a salad bowl, or preserve dish; add, for 50 walnuts, which makes 100 pieces, a heaping spoonful of coarse kitchen-salt well crushed; toss the green walnuts and salt in the salad bowl, and pass them around. Some people add to the seasoning a dash of vinegar; but not to do so is more likely to meet with the guests' approval. (Fr.)

WALNUT OR BUTTERNUT CATCHUP.—Gather walnuts or butternuts when they can be pierced with a pin. Beat them to a soft pulp, and let them lie for two weeks in quite salt water; say, a small handful of salt to every twenty nuts, and water enough to cover them. Drain off this liquor; and mix a pint of boiling vinegar with the nuts, and then strain it out, adding the strained vinegar to the previously drained liquor. To each quart of the resulting liquid add three tablespoonfuls of pepper, one of ginger, two of powdered cloves and three of grated nutmeg, carefully mixing the spices equally. Boil an hour, and bottle it, when it is cold. (Becher.)

WALNUT COMFITS.—Take green walnuts of which the meat is not yet formed, peel them slightly, and, as you do so, throw them into a basin of cold water; boil them until a pin can be pushed through them; take them from the fire; throw them into cold water, and drain them well. For each pound of the walnuts, put into an untinned copper sauce-pan a pound of sugar and a cupful of water; boil with a strong fire; stir, and skim from time to time, until the syrup marks 29 degrees of the syrup gauge; then pour the syrup upon the walnuts, and let them soak in it for 24 hours. Take the walnuts from the

syrup, boil the syrup over the fire, until it marks 32 degrees; again pour it upon the walnuts, and let them soak 24 hours. Boil the syrup for a third time, and until it reaches 33 degrees; pour it boiling upon the walnuts; and let them soak this time 48 hours. Then, put the walnuts into jars with their syrup, or dry them in a warm place, or dry them in an oven heated only, say, to 68 or 104 degrees Fahrenheit, and afterwards shut them up in boxes. Walnuts so prepared can be used for dessert. (Fr.) Doubtless the American black walnut or the butternut might be preserved in the same way as the English walnut.

ALMONDS.

SALTED ALMONDS.—Almonds are sometimes salted by being boiled in very strong brine made from the best table salt and a little water. After draining, they are browned in a little butter or olive oil. The salt penetrates throughout, and is thought to make them keep better than if merely salted outside; and they are cleaner to handle. Salted nuts may be served up in individual plates. ("Philadelphia Ledger.")

MARCHPANE.—Blanch half a pound of walnuts, pound them in a mortar, adding now and then a little white of egg, to prevent their turning to oil, and so using about the white of two eggs; add a little lemon-zest chopped fine (or vanilla powder) and half a pound of powdered sugar; divide the paste into little lumps, and put them on sheets of paper, flattening them a little; cook ten or fifteen minutes in a very gentle oven. Do not open the oven, until they are completely cooked; for they would not rise. Do not detach them from the paper, until they are quite cold. (Fr.)

MACAROONS.—Macaroons are made in the same way as marchpanes; only, more sugar is used. (Fr.)

NOUGAT OR ALMOND CAKE.—Blanch a pound of almonds (by plunging them for five minutes into boiling water, draining and peeling them); wash and wipe them well, cut them into shreds, or coarsely chop them; dry them in a sauce-pan over a gentle fire, taking care to stir them all the time. Into a sauce-pan over the fire put three quarters of a pound of sugar; melt it, while stirring with a spoon; when the sugar is melted and of a fine brownish color, put the warm almonds

in; take from the fire, and set up as thinly as possible in a carefully oiled mould. The setting up should be done as rapidly as possible, so as to leave no time for getting cold. In order not to burn your fingers, you press on the almonds and sugar with a well-cleaned and dried carrot, or with a lemon. When large nougats are made the sugar and almonds must be cooked in several portions; one individual sets up the nougat, while another looks after the cooking of the sugar and almonds. (Fr.)

ALMOND MILK.—To have a pint of milk, take a quarter pound of sweet almonds, to which you add some bitter almonds; put them some minutes into boiling water, to enable an easy removal of the skin; when they are well blanched, pound them in a mortar with three ounces of sugar and a spoonful of orange-flower water; add a pint of milk; boil some minutes; strain, with strong pressure; cool down. (Fr.)

ORGEAT SYRUP.—Weigh, without mixing, two pounds and a half of water and five pounds of sugar. Throw a pound and a half of sweet almonds and a quarter of a pound of bitter almonds into boiling water so as to be able to rid them of their skin; then, when rid of it, put them into cold water, drain them, and pound them up in a mortar, a small quantity at a time, adding now and then some drops of orange-flower water, to prevent their turning to oil. When the almonds are reduced to paste, wet them with a little more than half of the weighed water; strain the mixture through a cloth, pressing as strongly as possible. Return the rest of the pounded almonds to the mortar, and pound them again, adding a little sugar and finally by degrees the rest of the water; strain this new liquid, and add it to the former. Put the rest of the sugar with a little water over the fire, boil a few bubbles, and skim; add to it the almond milk just prepared, and stir, until it begins to boil, then take from the fire; add half a cupful of orangeflower water; cool down, and put into bottles. (Fr.)

BURNT ALMONDS.—Take a pound of sweet almonds, or filberts, or pistachio nuts; rub them in a cloth to remove all their dust; put them with a pound of sugar and half a cupful of water in an untinned copper or brass frying pan, or saucepan, over the fire. When the nuts begin to crackle rather strongly, take from the fire, and stir them with a wooden

spoon, until the sugar becomes like white sand. Take the nuts and half the sugar out of the pan; put the other half of the sugar with half a cupful of water over the fire again; boil, until there is a slight caramel odor; then put the nuts in again; take the pan from the fire, and turn the nuts over, until they are well coated with sugar; take them from the pan. Put into the pan, with half a cupful of water, the sugar you have put aside; boil until there is a little caramel odor, put the nuts in, and take from the fire; stir the nuts, until they have taken up all the sugar; take them out, place them on paper, with care not to let them stick together. (Fr.)

REPLACING.—Almonds as an accessory of a dish can, in case of need, be replaced by English walnuts or filberts, notwithstanding the flavor is not exactly the same. (Fr.)

FILBERTS.

FILBERT MILK is made in the same way as almond milk (p. 264). (Fr.)

CHOCOLATE.

There are two ways to prepare chocolate: with water, and with milk. Prepared with water, the chocolate digests more easily; but with milk, is more unctuous and more agreeable. In either case, the chocolate as manufactured should be sweet enough not to need more sugar, which would take the place of so much chocolate, and so lessen the flavor. As manufactured, each pound is divided into eight tablets, each of which is enough for a cupful of water, or of milk (or terralac), about the quantity which is understood by a cupful of chocolate; the evening cup is one half of that. Break the tablets in pieces; do not grate them, for that takes away a great part of the flavor. Avoid using chocolate-pots of bronze or iron; for they may give a blackish color, and sometimes, especially the bronze ones, a bad taste. When you wish to have foaming chocolate, use the apparatus called chocolatière, put the chocolate-stick in motion, and serve up when the foam rises. (Fr.)

CHOCOLATE WITH WATER OR MILK.—Take as many tablets of chocolate as you wish to have cupfuls; break the tablets in pieces; add a little water, or milk (or terralac); melt over

the fire, and crush with a spoon; when no more lumps are left, add as many cupfuls of water, or milk, as there were tablets. Let simmer a quarter of an hour; serve up. (Fr.)

CHESTNUTS.

BOILED CHESTNUTS.—Take out the bad chestnuts; put the good ones into a sauce-pan with enough water to cover them completely, and, for a quart of chestnuts, one spoonful of salt; boil 20 or 25 minutes; serve up in the liquor; for if they should be dry, it would be difficult to remove their inner skin. (Fr.)

ROASTED CHESTNUTS.—Take out the bad chestnuts; open a crevice or notch in the good ones, to prevent their exploding when heated; put them into a frying pan perforated with small holes; stir often; make sure the cooking is complete; serve up in a napkin folded in lozenge-shape. It takes about 20 minutes of roasting. (Fr.) Of course, a regular peanut-roasting apparatus would be still better and more convenient for the roasting.

STEWED CHESTNUTS.—Roast 40 or 50 chestnuts; remove the inner skin; put them into a sauce-pan with a quarter-pound of sugar, a cupful of water and a small piece of vanilla; simmer 25 or 30 minutes; at first over a small fire, and then with a quicker fire, so that the syrup may get a little consistency; pour into a preserve dish. (Fr.)

GLAZED CHESTNUTS.—Boil some chestnuts in water, until they are done; peel them carefully, so as not to crush them in your hands; as they are peeled, put them into cold water, to make them a little firmer; half an hour afterward, put into another vessel some sugar syrup boiled down to the consistency of glue; put into it the chestnuts (with the greatest care lest they break). The next day take the chestnuts out of the syrup boil the syrup several bubbles, and pour it again upon the chestnuts; repeat the operation every 24 hours for four days, taking care the last time to give a little more boiling to the sugar. After that, you do the glazing, or icing, as you please; dipping the chestnuts into an excessively thick syrup, and letting them dry by the stove. (Fr.)

MASHED CHESTNUT SOUP.—For six persons: Take thirty European chestnuts of medium size, and remove the outer

shell; put them into a frying-pan over a hot fire, in order easily to peel off the inner skin; let them cook with a small fire in a quart of water. Mash in a strainer, adding enough water to make in all a quart of mash. Slightly brown some butter a little larger than an egg; add the chestnut mash and a little salt; simmer 20 minutes. Stirring now and then, to keep the mash from sticking to the bottom; serve up with fried breadbits. (Fr.)

CHESTNUT-FLOUR PUFF.—For ten or twelve persons: Little by little mix two good spoonfuls of chestnut-flour with a quart of milk (or terralac); and half a pound of sugar, and a little vanilla, if you like this flavor; cook four or five minutes, stirring all the time; cool down. When the porridge is almost cold, add to it six egg-yolks, then the whites beaten to a very stiff froth; mix the whole well, and pour into a deep dish slightly buttered. The dish should be only three quarters full; and the mixing with the eggs should be quickly done, lest the whites fall. Put the porridge into the not too hot oven for 18 or 20 minutes. When it is well risen and of a fine color, sprinkle it with sugar, and serve it up at once, as puffs fall back very quickly. (Fr.)

COCONUTS.

COCONUT CUSTARD PIE.—Boil a quart of milk (or terralac); take it from the fire; whip in gradually six eggs, already beaten to a froth; when the mixture is nearly cold, flavor it with a teaspoonful of nutmeg and two teaspoonfuls of vanilla, or rosewater; add a pound of grated coconut; pour the whole into paste-shells. Bake twenty minutes. Do not boil the egg and milk together. If the custard be put quite raw into the pie-dishes, the coconut is apt to settle to the bottom. But the raw mixture may be put into cups, and baked, setting them in a pan of boiling water, stirring well once as they begin to warm. This is coconut cup-custard, and is much liked. (Harland.)

CEREALS.

OATS.

Oats, unlike wheat and rye, contain no true gluten, and therefore cannot alone be made into a light, attractive loaf of bread, though when mixed with wheat flour it becomes excellent and healthful bread. Oatmeal, if not tightly sealed in its packages, as sold, is apt in the warm summer season to become infested with small black winged insects (weevils), or even with white worms half an inch long. Naturally, the result would be a much diminished sale of the oatmeal during the summer.

OATMEAL WATER.—Mix raw oatmeal with water, stirring thoroughly, and allowing the coarser particles to settle. Some material is dissolved, and some fine particles undoubtedly remain suspended in the somewhat milky-looking liquid. It is thought to be better than water for quenching the thirst of severely laboring workmen. (Woods & Snyder.)

OATMEAL GRUEL.—Mix three ounces of oatmeal with water to a paste, and add water until it is about as thick as rich cream; put it into a sauce-pan, add one quart of water; stir the gruel constantly, until it boils, and afterwards frequently; let it boil half an hour, and add salt to suit the taste; eat it with milk (or terralac), or alone, as desired. (Haskell.) See also Cornmeal Gruel, and Water Gruel (p. 323).

OATMEAL PORRIDGE.—Let half a pint of oatmeal steep in about a pint of water over night. In the morning, boil it an hour or more, regardless of the twenty minutes prescribed on the package as enough. It can hardly be cooked too much. Add salt to the water, if you like. Eat with sugar and milk (or terralac) or butter (or a palatable oil); and slices of banana, or apple sauce, or other fruit jam or marmalade, mixed with it, go well. Or figs may be cooked in the porridge; and a spiced steam pudding is sometimes made with the oatmeal.

OATMEAL BREAD.—Take one pint of boiling water, one tablespoonful of butter (or two of oil), two tablespoonfuls of sugar; melt them together, and thicken with two-thirds oatmeal and one-third fine wheat flour. When the mixture is bloodwarm, add half a cup of some home-brewed yeast (or

a quarter cup of brewery yeast) and two well beaten eggs. Mould into small cakes, and bake on buttered tins; or make two loaves. (Beecher.)

OAT CAKE.—Mix good oatmeal with a little salt and warm water; allow half an ounce of German yeast to two pounds of meal; heat this batter (which should be of about the same consistency as for crumpets), till smooth, and bake on a hot bake-stone or iron plate (griddle) in the same way as crumpets, but not quite so quickly. ("Vegetarian Cookery.")

SOWENS (IN ENGLISH FLUMMERY).—Sowens (Scotch), a nutritious article of food made from the husks of the oat, by a process not unlike that by which common starch is made; called flummery in England. Flummery, a kind of food made of oatmeal steeped in water, until it has turned sour, which is then strained and boiled to a proper thickness, to be eaten with milk or other liquid. ("Webster's Dictionary"). One pound and a half of fine oatmeal; one tablespoonful of white sugar, and a little salt. Steep the oatmeal in cold water 24 hours; then pour off the water; add the same quantity of fresh water, and let it stand the same length of time; strain through a fine hair sieve; put the meal into a sauce-pan, adding the sugar and let it boil, till it becomes about the consistency of hasty pudding, stirring constantly. Pour it on a dish, and serve it up with milk or cream (or terralac), and sugar or molasses. ("Vegetarian Cookery.")

SCOTCH SOWENS.—Mix two pounds and a half of coarse oatmeal with a pint of butter-milk and five pints of lukewarm water; cover it, and place it at a little distance from the fire; let it stand 36 hours; then pour off the liquid, and add more water, changing the water two succeeding days; then put some of the meal into a hair sieve, adding plenty of water, and knocking the sieve with the hand, to make the finer particles of the oatmeal pass through, leaving the coarser part. Again let it stand eight or ten hours; pour off the water, and put the rest into a pan lined with earthenware, adding salt, and water enough to make it about as thick as oatmeal porridge; stir it constantly while it is on the fire, and let it boil, till it becomes smooth. ("Vegetarian Cookery.")

BARLEY.

Barley, like oats and maize, and unlike wheat and rye, contains no true gluten, and therefore does not make light bread. Its whole grain is, however, closely like rye in the proportions of its nutritious components. But pearl barley (that is, barley of which the outer or bran layer has been ground off) has about one-third less protein than the whole grain. It is often put into soups.

BARLEY WATER.—Take a couple of ounces of pearl barley, wash it clean with cold water, put it into half a pint of boiling water, and let it boil five minutes; pour off this water, and add to the barley two quarts of boiling water; boil it to one quart, and strain it. This is a simple barley water. To a quart of it, are frequently added two ounces of figs, sliced; two ounces of stoned raisins; half an ounce of liquorice, sliced and bruised; and a pint of water. Boil it down to a quart, and strain. (Kitchiner.)

BARLEY GRUEL.—Boil pearl barley until tender, reduce it to pulp, pass it through a sieve, add water until the consistency is right, boil fifteen minutes, and season to suit the taste. (Haskell.)

BARLEY BROTH.—Four ounces of Scotch barley; four ounces of onions; four ounces of oatmeal, or Indian meal; and two ounces of butter (or four tablespoonfuls of palatable oil). After washing the barley well, steep it in fresh water twelve hours; set it on the fire in five quarts of water, adding the onions and a little salt, and boil gently an hour and a quarter. Melt the butter in a sauce-pan (or use the oil); stir into it the meal, till it becomes a paste; then add a little of the broth gradually, till the thickness is proper for mixing with the whole quantity; stir well together, till it boils, and mix with a little of the broth a dram (a sixteenth of an ounce) of celery or cress seed, or half a dram of each, and a quarter of a dram of cayenne pepper, all finely pounded; stir well in the broth; simmer it gently a quarter of an hour longer, and add a little more salt, if required. ("Vegetarian Cookery.")

BARLEY GRIDDLE CAKES.—One teacup of boiled barley, one pint of sweet milk (or terralac), two eggs, a piece of

butter as large as a hickory nut (or a tablespoonful of palatable oil), a teaspoonful of cream of tartar, flour enough to make the cakes into a batter, and half a teaspoonful of soda. (Haskell.)

BARLEY SOUP.—Three ounces of barley; one ounce and a half of stale bread-crumbs, one ounce and a half of butter (or three tablespoonfuls of palatable oil); a quarter of an ounce of chopped parsley; and a quarter of an ounce of salt. Wash the barley, and let it steep twelve hours in half a pint of water, to which a piece of soda as large as a pea has been added; pour off the water that is not absorbed; add the bread-crumbs, three quarts of boiling water, and the salt; boil slowly in a well-tinned covered pan four or five hours, and add the parsley, butter (or oil), and white pepper, about half an hour before the soup is ready to be served up. (“Vegetarian Cookery.”)

BARLEY AND PEA SOUP.—Half a pound of pearl barley; one pint of dried green peas; one large onion; and one ounce of butter (or two tablespoonfuls of palatable oil). Wash the barley and peas; steep them in fresh water twelve hours; put them in a pan with six quarts of boiling water; add the onion, pepper and salt; boil the whole gently four or five hours, till the barley and peas are quite soft; pass the soup through a wire sieve, or fine colander; return it to the pan, and when it boils, stir in the butter (or oil), till well mixed. (“Vegetarian Cookery.”)

PEARL BARLEY PUDDING WITHOUT MILK OR EGGS.—A quarter of a pound of pearl barley; half a pound of apples; two ounces of sugar; and half a teaspoonful of salt. Pick and wash the barley, and let it steep in water twelve hours; put it into a pan with three pints of water, adding the salt; let it boil two hours; pour it into a buttered pie-dish; put in the apples, cut as for a pie; add the sugar; and bake it in a moderately hot oven one hour; and serve it up with sugar and cream. (“Vegetarian Cookery.”)

MOULDED BARLEY.—Six ounces of pearl barley; seven cupfuls of water; and six ounces of sugar. Steep the barley twelve hours; drain it, and pour the water, boiling, upon it; stew quickly in the oven in an earthen jar, covered, till perfectly soft, and till all the water is absorbed; when it is about

half enough done, add the sugar and six drops of essence of lemon; pour it into a mould, and let it stand to set. When boiled quickly, the above quantity requires two hours and a half, and is of a much better color than when it is longer in preparation. ("Vegetarian Cookery.")

WHEAT.

WHEAT, WHEATEN GRITS, FLOUR, PASTES.

FRUMENTY.—Boil some wheat; when it is soft, pour off the water, and keep the wheat for use as it is wanted. It is put into milk (or terralac), to give an agreeable thickness; then, sugar and nutmeg are added. (Hartshorn.)

FRUMENTY.—Take some good white wheat; just wet it a little; put it into a coarse bag, and beat it with a stick, till the external husk is loose enough to be rubbed off; then wash it well, changing the water five or six times; till perfectly free from loose bran; then put it into a stew-pan, with plenty of water; cover, and set it in the oven, till the wheat is quite soft and when it is cold, it will be quite a jelly. When it is required for use, put as much of the wheat with milk into a pan, as will make it of about the consistency of rice milk, stirring constantly, with a wooden slice or spoon, and mashing the wheat, it being liable to burn; when it is near boiling, stir a small portion of flour, mixed till smooth with a little milk, adding sugar, grated nutmeg, and a little salt, and when it boils, it will be ready. Frumenty may be thickened with the yolks of eggs, beaten with a little milk, instead of flour; dried currants, or Sultana raisins, picked and washed, may also be added. (“Vegetarian Cookery.”)

CRACKED-WHEAT (OR WHEATEN GRITS) SOUP.—For six persons: three pints of broth, five spoonfuls of cracked wheat (or wheaten grits). When the broth boils with big bubbles, put the cracked-wheat into it, showering it in with one hand, while stirring it with the other, so as to mix it well and prevent caking together. Simmer 25 to 30 minutes. (Fr.)

CRACKED-WHEAT (OR WHEATEN GRITS) SOUP WITH MILK.—For six: Boil three pints of milk (or terralac). When it boils, put into it five spoonfuls of cracked wheat, sprinkle them in with one hand while stirring with the other, to aid in mixing, and to prevent lumps from forming; add a pinch of salt. Simmer 25 or 30 minutes. Serve up along with powdered sugar. (Fr.)

CRACKED WHEAT PUDDING.—Boil a quart of milk (or terralac); and half a pound of cracked-wheat (or wheaten grits),

making a thick porridge; let it cook a little; sweeten with a quarter-pound of sugar; flavor with orangeflower water, or with lemon-zest, or vanilla; add four egg-yolks and two whites beaten to froth. Butter a mould or sauce-pan, sprinkling the coating of butter with very finely powdered rusk; pour the mixture in; finish cooking over a gentle fire, with the mould surrounded by ashes and with fire on the cover; serve up the pudding warm and of golden color. Instead of coating the mould with butter and rusk powder, you can coat it with caramel, as described for rice pudding (p. 334). A sauce may also be added, such as described for snowball custard (p. 101). At the moment of putting the eggs into the pudding, raisins and preserved fruits may be added. Also a little rum can be put in; but then there is no need of any other flavoring, vanilla or orangeflower water. Malaga raisins should be stoned. The preserved fruits—cedrat, citron, angelica—should be cut into small pieces. (Fr.)

FLOUR GRUEL.—Tie a teacupful of flour in a strong cloth, and boil it six hours; when it is done, it will be a hard cake of flour; dry it, and grate a large teaspoonful of it, mix it to a paste with cold water, and stir it in boiled milk (or terralac), let the gruel boil gently ten minutes and add salt. (Haskell.)

WHEAT FLOUR SOUP.—For six persons: Three spoonfuls of flour, three pints of milk (or terralac). Moisten the flour with the milk, pouring the milk in little by little, so as to avoid the forming of lumps; add a pinch of salt. Put over the fire, and cook for about fifteen minutes, stirring all the time with a wooden spoon, especially at the bottom of the sauce-pan. If the soup is too thick, add a little milk. When it is cooked, it ought to have consistency enough to leave a slight white coating on the spoon. Serve up with powdered sugar. (Fr.)

OVERSET PORRIDGE.—Wet six spoonfuls of flour, little by little with a quart of milk (or terralac) cook them over a gentle fire, stirring all the time. When the porridge has become very thick, add a quarter pound of butter (or palatable oil) and half a teaspoonful of salt; continue to cook with a small fire, constantly stirring; at the end of some minutes, remove from the fire, and let cool; thicken with three egg-yolks; add a little lemon-zest chopped fine, or a tablespoonful of orangeflower water, and the whites of the three eggs beaten

to froth. Butter a sauce-pan, or a mould; put a round piece of paper at the bottom, and a strip all around; pour in the porridge cooked and prepared as just described. The mould should be only three quarters filled. Cook three quarters of an hour in the oven, or in the Dutch oven; overset into a dish; serve up with or without the paper. (Fr.)

MACARONI, SPAGHETTI, VERMICELLI, ITALIAN PASTES AND THE LIKE are made by mixing hard durum, or strong (gluten-rich) wheat flour and hot water into a stiff paste, which is then moulded and dried and given a name according to the form. The mode of cooking is essentially the same for all the forms.

Good macaroni is of a fine pale yellow color. Macaroni should be put into water that is boiling strongly. As it swells to at least double its bulk, and as it needs 25 or 30 minutes to cook well, enough water should be put in, not to boil away too much; for half a pound of macaroni, it needs five pints of water; for a pound seven pints. (Fr.)

MACARONI AND CHEESE, No. 1.—Cook a cupful of macaroni broken into small pieces in two quarts of boiling salted water; drain in a strainer; pour cold water over it, to prevent the pieces from sticking together. Make a cheese sauce with a quarter to half a pound of cheese, seasoning with half a teaspoonful of salt and a speck of cayenne pepper. Put the sauce and macaroni in alternate layers in a buttered baking dish, cover with buttered bread-crumbs, and heat in the oven, until the crumbs are brown. (Langworthy and Hunt.)

MACARONI AND CHEESE, No. 2.—Make a rich cheese sauce, and heat the boiled macaroni in it. The mixture is usually covered with buttered crumbs, and browned in the oven. But it is unnecessary to have a hot oven, as the sauce and macaroni may be simply reheated, without the browning, on the top of the stove. (Langworthy and Hunt.)

MACARONI WITH CHEESE AND TOMATO SAUCE.—Boiled macaroni may be heated in tomato sauce, and sprinkled with grated cheese just before serving up. (Langworthy and Hunt.)

ITALIAN MACARONI AND CHEESE.—Cook a cupful of macaroni broken into small pieces with half an onion and two cloves in two quarts of boiling salted water; drain; remove

the onion and cloves; reheat in tomato sauce; serve up with grated cheese. (Langworthy and Hunt.)

MACARONI IN ITALIAN FASHION.—For six, break half a pound of macaroni into pieces as long as your finger, and put it into the water boiling with great bubbles; then cook with small bubbles 25 or 30 minutes. When it is cooked enough—which you ascertain by taking a piece in your fingers—put in a little salt; but carefully, for the cheese you use may be very salty, and then the macaroni might become too salty; let it bubble once or twice more; take it from the fire, and drain it. Put it on the fire again with a piece of butter as large as an egg, some salt and pepper; turn it on the fire, until the butter is melted; then sprinkle upon it with one hand, while you stir continually with the other, from a quarter to half a pound of grated cheese (say, four-fifths Swiss and one-fifth Parmesan). When it is well thickened and well mixed and well seasoned, turn it into a dish, and serve it up. If the butter turns to oil, add half a quarter of a cupful of water, stir on the fire a minute, and serve up. (Fr.)

BROWNED MACARONI.—Cook the macaroni in Italian fashion; put it into a dish; level the top; sprinkle it with part of the grated cheese, which you have reserved for the purpose; brown it in the oven, or before a hot fire. (Fr.)

MACARONI EGGLESS OMELET.—One pound of bread-crumbs; half a pound of onions; a quarter of a pound of macaroni; three ounces of chopped parsley; one tablespoonful of tapioca; two tablespoonfuls of salad oil; and one teaspoonful of baking powder. Boil the macaroni in water, adding a little salt; or cook it in the oven with plenty of water, covered with a plate, till tender, but not soft; drain the water from it, and when it is cool, cut it in small pieces; boil the tapioca in a quarter of a pint of water five or six minutes; mix it with the onions, boiled a little and chopped, the bread-crumbs, parsley, and baking powder; season with pepper and salt. Put the oil in a dish, then a layer of the mixture and the macaroni alternately, having three layers of the mixture and two of macaroni; bake in a moderately hot oven, and turn it over on a hot flat dish. ("Vegetarian Cookery.")

MACARONI PIE.—Line a dish, or sauce-pan, with pie-paste rolled as thin as half the thickness of your finger; put into it

some macaroni cooked in Italian fashion; and cover it with like paste; bake in an oven not too hot, for about half an hour; remove from the mould, and serve up. (Fr.)

VERMICELLI, OR ITALIAN PASTE SOUP.—Break up the vermicelli a little. For six persons, three pints of broth, at least, and five spoonfuls of vermicelli, or of Italian pastes. Put the broth on the fire; when it boils with big bubbles, throw into it the vermicelli, or Italian paste; simmer fifteen or twenty minutes, with the sauce-pan three quarters covered; taste, to see if it is salted enough; skim the froth, if any, from the surface; and serve up, with, if you like, a plate of grated Swiss or Parmesan cheese. (Fr.)

LAZANE SOUP.—For lazanes, which are a ribbon-shaped Italian paste, the method is the same as for vermicelli; only, it takes fully half an hour to cook them, and consequently needs a little more broth. Serve up with a plate of cheese, if you like. (Fr.)

VERMICELLI, OR ITALIAN PASTE, SOUP WITH MILK.—Break up the vermicelli a little. For six persons: Three pints of milk (or terralac), five spoonfuls of vermicelli; five spoonfuls of Italian pastes. When the milk boils, put into it either the vermicelli, or any Italian paste, with a pinch of salt. Simmer; if it is vermicelli, 15 or 20 minutes; if it is an Italian paste, 20 or 25 minutes. Serve up along with powdered sugar. (Fr.)

MACARONI SOUP.—For six persons, have a quarter pound of macaroni, three pints of broth. Boil in a sauce-pan three pints of water. When it boils well, put into it the macaroni, broken in pieces of the length of your finger; at the end of half an hour of cooking, add a little salt. When the macaroni is almost done (it needs 40 or 45 minutes), put it to drain in a strainer. Boil the broth; when it boils well, put the macaroni into it; boil it ten minutes; and serve up, along with grated cheese, Swiss or Parmesan, on a separate plate. It is better to boil the macaroni in water first, because it would render the broth turbid, and, besides, it would take much more broth. (Fr.)

NOODLE SOUP.—Noodles are small strips of paste; they can replace macaroni, even advantageously, either in soup or in any other preparation. To make them: take half a pound

of flour, make a hole in the middle, put in three eggs, both yolks and whites, butter as large as an English walnut, half a teaspoonful of fine salt, a little pepper, a very little nutmeg, a quarter of a cupful of water. Mix the whole so as to make a very smooth and rather firm dough or paste. Roll out the dough on a table (that you have floured to prevent sticking), until the paste is no thicker than a dollar; cut it into little strips of the length and half the breadth of your finger. Cook them six minutes in strongly boiling water. Drain well, pour upon them three pints of boiling broth, and serve up, with grated cheese, Swiss or Parmesan, on a separate plate. (Fr.)

QUENEFE SOUP (Russian).—For six persons, three pints of broth. Take a quarter of a pound of flour; make a hole in the middle; put into it six yolks of eggs and only two whites, half a cupful of water, butter as large as an English walnut, a teaspoonful of fine salt and a good pinch of pepper; mix the whole well together. Boil the broth; when it is boiling well, let the paste that you have prepared drop into it in small quantities. For that purpose, fill a teaspoon with paste, and with the finger push it into the liquid, thereby forming a round or oval ball. Cook half an hour and serve up. (Fr.)

BREAD.

UNLEAVENED BREAD.—The East Indian chuppatee (a thin wafer-like cake some ten inches broad, formed of coarse wheat flour, or meal, and water, gently clapped flat and thin between the two outspread hands, and then baked, or roasted crisp before a fire) and the Passover bread of the Jews, pilot bread, or ship's biscuit, and common hard biscuit, or crackers, are a few of the numerous varieties of unleavened bread, simple mixtures of wheat flour and water, baked dry and hard. Sometimes milk (or terralac), butter, lard, spices or dried fruits are mixed with the flour and water. (H. W. Atwater.)

MARYLAND OR BEATEN BISCUIT is unleavened bread made with a rather stiff dough of flour and water, or milk (or terralac), and shortening (say, perhaps a quarter-pound of butter [or palatable oil] to a quart of flour) and salt, kneaded or pounded with a wooden mallet or hammer, and folded meanwhile over and over many times, until it is light and puffy,

and ready to be shaped into biscuits and baked. The folding and pounding encloses small quantities of air in numberless little blisters, which in baking expand and make the biscuit light and porous. (H. W. Atwater.)

RAISED BREAD.—Light or raised bread is commonly made with wheat flour and water (or milk, or terralac), mixed with yeast. The yeast, a minute plant that grows rapidly through a lukewarm mixture of that kind (though killed by 158 degrees Fahrenheit), produces alcohol and carbonic acid gas (a process called alcoholic fermentation), and swells up the dough with small bubbles and coarse pores, that are left permanent by the heat of baking, and make the bread more palatable, and more easy to be attacked by the digestive liquids. *Baker's Bread* is made in two principal methods: First, with "straight, or offhand, dough," the materials are all mixed at once, with a long kneading, then set in a warm place (77 to 95 degrees Fahrenheit), to rise, for ten hours or more before baking; Second, with "sponge dough," the yeast works eight or ten hours in the sponge, a portion of the flour mixed to a batter with more water than there is in offhand dough, and the sponge is afterwards mixed by thorough kneading with the other materials, and the whole is then left to rise a few hours before baking. The straight dough requires more yeast and stronger, gluten-richer, flour; and the bread is usually coarse in texture with a raw, grainy taste, and the kneading is a long one in stiff dough. For the sponge, strong flour is commonly used, and a little salt added to prevent lactic fermentation, and a weaker flour may be used in the second mixture, giving a mild sweet flavor; but there are the two short kneadings in soft dough; which, however, rises evenly and well, and the bread keeps well. *Home Made Bread* is made in many ways, but the two most common ones are: First, the quick-rising method, in which a stiff dough is made of the flour, water and much yeast, and is allowed to rise to double its bulk, is then again thoroughly kneaded, allowed to rise again, and then baked, the rising taking in all about two hours and a half, and the baking being finished in four or five hours after the rising begins; Second, the slow-rising method, in which a batter ("sponge") is made of the flour, water and less yeast, and is allowed to rise during ten or fifteen hours, say, overnight, at perhaps 70 degrees Fahren-

heit; then more flour is added, and the dough kneaded until smooth, and after rising again is baked. Plainly, in any case, the yeast is, either by stirring the batter, or by kneading the dough to be mixed as evenly and thoroughly as possible throughout the flour. *Flour*—Flour should be white with a faint yellow tinge; if pressed in the hand, should fall loosely apart, not forming lumps from too much moisture; if rubbed between the fingers should not feel too smooth and powdery, but should let its individual particles be vaguely distinguished; between the teeth, it should crunch a little; it should be sweet and nutty in taste, and not the least acid or musty. Flour rich in gluten is more tenacious, or strong, and will bear more yeast; the bubbles in weaker flour would burst, and make large irregular cavities. *Yeast*—The yeast (say half a pint for four quarts of flour of the first rising, or sponge) should be fresh and strong with a pungent smell, not sour. If old and weak, more of it is needed; but if too much is put in, the bread is apt to be disagreeably bitter, and to have a yeasty taste, and to be heavy and soggy from the bursting of the bubbles and escape of gas. The compressed and dry yeasts sold ready-made are, if carefully made, more uniform in strength and purity than liquid yeast (one cake is about equal to half a pint of the best homemade liquid yeast); ordinary brewers' yeasts are apt to be full of bacteria, or germs, that set up lactic, butyric or other fermentations in the bread, and give it a disagreeable taste and odor, and are, besides, too susceptible to weather changes to be relied on. But, usually, a few of the extraneous germs are left in all yeast, for the slight acid taste they give the bread is liked. The yeast germs are so widespread, even in the atmosphere, that they soon start alcoholic fermentation in a dish of malt extract simply exposed to the air. *Leaven*—This "wild yeast," set in dough, would spread through it, and a portion reserved from the baking would serve as leaven for a subsequent batch; and such is supposed to have been the origin of the ancient leaven, and of the leaven still commonly used in France. There, a little dough ready for baking is saved, and mixed with an equal amount of flour and water, and allowed to stand four or five hours. The operation is repeated three or four times before mixing with the dough for bread, and so the yeast acts but a short time on each lot of flour, and, before becoming exhausted and letting other fermentations begin, re-

ceives fresh yeast-food, and produces many yeast cells, against comparatively few lactic and butyric germs. But even then, leavened bread is more acid than yeast bread. The leaven is about one-third of the entire dough; but more in winter, less in summer, as the yeast grows less quickly in cold weather. Leavened bread has large holes, because germs in the leaven gives rise to a ferment (called diastase) and acids which tend to soften the gluten. *Water*—The water should be lukewarm, and may be about one-third as much in bulk as the flour, but varies with the strength of the flour. There should be enough to make the dough incline rather to softness, for thorough mixing. But too much for the strength of the flour may make the bread heavy, or soggy. *Salt*—Salt may be added toward the end of the mixing, say, a teaspoonful to a quart of the flour; not for the flavor, but because the salt checks lactic and butyric fermentations that are apt to follow the alcoholic one, and that tend to make the bread sour, or even (with butyric acid) putrid. *Kneading*—Thorough kneading of the dough is of the utmost importance, so that the yeast may be uniformly distributed throughout. For home bread, the kneading is usually done with the clenched fists, vigorously pushing the knuckles and ball of the hand into the dough with the full strength of the arm and repeatedly turning, folding and pressing the dough for twenty minutes or half an hour, first in the pan, and then on the flour-bestrewn board, or table, until no flour is needed to prevent sticking to the board or hand. Insufficient kneading may make the bread heavy; too much may, by uniting small cavities, make it full of large irregular holes. The utmost and, if possible, microscopic cleanliness should be maintained in the kneading, as in every other part of the bread making; for the last fifty years have taught us much of the serious harm that may follow from the presence of even invisible germs, that are especially apt to accompany every kind of dirt, however minute, their favorite home and multiplying ground. The perspiration that may fall during the strenuous exertion of hand-kneading large quantities of dough, as in bakeries, should be avoided by using, instead, mechanical appliances. It is, to say the least, not appetizing to think of the French and German bakers' method of kneading bread with the feet, however scrupulously conscientious and thoroughly refined the workmen may be supposed to be in considerate preliminary bath-

ing. Nowadays, even for household use, small machines are conveniently and altogether satisfactorily used for kneading the dough. In some large bakeries, it is claimed, the flour and dough are not touched by hand in any part of the process of bread making, and the loaves are delivered wrapped in paraffine paper. *Rising*—If the bread rises too long, the yeast consumes the flour, and causes the dough to fall, and become sour; which can be somewhat remedied by working into it soda dissolved in water, about half a teaspoonful for each quart of flour. *Baking*—The dough once fully prepared, is put into a tin or iron pan that has been greased with butter. The baking is then done in an oven hot enough to brown, but not blacken, flour thrown on its floor, and to allow of holding the bare hand inside for twenty minutes, at, say, about 400 degrees Fahrenheit. It is best to use a high-temperature thermometer, a pyrometer. The heat should not be too great at first, lest the crust should become thick and dark, and be perhaps lifted up by the expanding gas below, before the inner part of the loaf is done. To prevent too rapid formation of the crust, bakers often moisten the tops of the loaves with water before putting into the oven, or pass steam over them while baking. The top of the loaf in Vienna bread becomes glazed and shiny from a gum (called dextrin, resembling gum arabic), formed from the starch by the hot steam. In a stove-oven the crust-hardening, if appearing too rapid, may be delayed by putting a sheet of paper over the loaf. Sometimes, the heat of the oven is gradually increased during the baking, and in some large ovens one end is made hotter than the other, and the loaves are mechanically moved forward. Small biscuits or rolls, soon becoming well done to the centre, can stand a much hotter oven, or part of an oven, and a quicker baking than large loaves. The baking takes perhaps half an hour for small rolls, and an hour or an hour and a quarter for pound loaves. *Cooling*.—The bread on removal from the oven, should be taken at once from the pans, and placed on slats, or sieves, or leaned up sidewise, not laid flat on the table, until thoroughly cooled; it is best not to wrap it in cloths, which shut up the steam in the loaf, make it damp and clammy, and subject to mould. *Keeping*.—Of course cleanliness in handling and keeping the completed bread should be as great as in making it. It should not be exposed to dust and dirt from the street or handled with dirty hands,

for example, by a not too scrupulous or circumspect and considerate driver fresh from the stable, or from handling his horse, or dirty reins, or other unclean things. For in such ways, numerous disease germs may readily find their way into the mouth of the bread-eater; even though the flavor may not be perceptibly spoiled. In the home, bread should be kept in a dry, airtight box, a protection against mould germs. *Home-made and Baker's Bread*—The choice between making bread at home and buying baker's bread has some advantages on each side. The large scale of bakers' work encourages a careful uniformity of method and of the proportions of ingredients according to their thoroughly ascertained quality, and enables the use of various beneficial appliances, such as kneading machines that do not require handling the dough with the danger of harmful, or even disease-bringing, germs; and such as the automatic regulation of the temperature of the oven, or part of the oven, and the movement of the bread through the oven. Some of those mechanical appliances, however, have now been successfully adapted to household use. Bread making at home, furthermore, makes it possible to be more perfectly sure of the quality of the materials used, without depending on an imperfect knowledge of the baker's integrity; and to be sure of the strict cleanliness of the work, without having to trust to the scrupulous carefulness of uncultivated workmen; and to indulge one's own preference more completely as to the kind of bread. The retail price of bakers' bread, though very variable in different places, appears to be, in general, about thirteen-sixths of the cost of its ingredients, or, say, \$216.50 for bread of which the material cost \$100. (H. W. Atwater.)

HOME-MADE HOP YEAST.—Pare and slice five large potatoes, and boil them in one quart of water with a large handful of common hops tied in a muslin bag. When the potatoes are soft, press them through a colander, and add a small cup of white sugar, a teaspoonful of ginger, two teaspoonfuls of salt, and (when the mixture is only blood-warm) two teacups of common yeast, or half as much of distillery yeast. The salt and ginger help to preserve the yeast. It will keep good two or three weeks. Do not boil in iron, or use an iron spoon, as it colors the yeast. Keep the yeast in a freshly scalded stone, or earthenware, jar, with a plate fitting well to the

rim. A jug is less easy to fill and to cleanse. The rule for quantity is, one tablespoonful of brewers' or distillery yeast to every quart of flour; or twice as much home-made yeast. *Potato Yeast*—is made by the same rule, omitting the hops. It can be used in large quantities without giving a bitter taste; and so raises the bread sooner. But it has to be renewed much quicker than hop yeast, and the bread loses the flavor of hop yeast. *Hard Yeast*—is made with home-brewed yeast (not brewers' or distillery yeast) thickened with Indian meal and fine wheat flour in equal parts, and then made into cakes an inch thick and three inches by two in size, dried in the wind, but not in the sun. Keep them tied in a bag in a dry, cool place, where they will not freeze. One cake soaked in a pint of warm (not hot) water is enough for four quarts of flour. It is well to work mashed potatoes into this yeast, and let it rise well before using it; it makes the best bread. (Beecher.) In making as just described, a pint of flour may be added to the potatoes. The yeast cakes, if kept dry, will last months. If hops cannot be had, use peach leaves, though fresh hops are the best. (Haskell.)

SALT-RISING, OR MILK YEAST.—When there is no yeast to start with, mix a quart of warm new milk, a teaspoonful of salt, and a tablespoonful of flour (or, instead of flour, enough cornmeal to mix to a stiff batter). Leave at blood heat until the batter is sour (say, overnight). It has become yeast by propagating the "wild yeast" germs that have dropped into it from the atmosphere; but is only half as strong as common yeast, requiring, therefore, a double quantity to be used. Bread made with it is baked in a moderate oven, and is light, porous, wholesome, and palatable, but is said not to keep so well as bread made with hop yeast (owing probably to lactic and butyric fermentation which the salt is intended to check). Instead of beginning with the milk, a pint of very warm water may be used; and, again, instead of flour or cornmeal, bran enough stirred in for a spoon to stand upright. (H. W. Atwater, Beecher, Haskell and others.)

SUBSTITUTES FOR YEAST.—Instead of making the bread light with carbonic acid gas produced by yeast, the gas is sometimes made with a baking powder evenly disseminated through the dough. The powder is commonly a mixture of carbonate, or bicarbonate, of soda and cream of tartar, sour milk, or but-

termilk, or hydrochloric acid, or phosphate of lime, or sometimes, alum; or instead of the soda, saleratus (that is, bicarbonate of potash) is sometimes used. There are numerous baking powders made from various chemicals. In the United States Army, self-raising flour is used ready-mixed with a baking powder. When water is added in making, the reaction of the baking powders produces carbonic acid in the dough. Such yeast substitutes, unless carefully prepared, may be inefficient, or harmful; they are easily adulterated, bread made with them is comparatively tasteless, without the flavor and aroma that good yeast gives. If the soda and cream of tartar are mixed by the cook, the quantity is often excessive, giving a bad taste and smell, and injuring the stomach. The soda and the tartaric acid of the cream of tartar form in the bread tartrate of soda, which is said to be a diuretic aperient, and is probably harmful in the long run; the hydrochloric acid is apt to be impure, and to contain even arsenic; the alum (which is also used by bakers in yeast-raised bread to keep it white, with inferior flour, and to increase the amount of water retained) is unwholesome to the stomach. Aerated bread popular in London, is made by Dr. Daughlish's process, invented in 1856, with water charged with carbonic acid gas, and is mixed with the flour in a machine. (H. W. Atwater and others.)

GRAHAM BREAD.—The graham flour used should be from wheat of the best quality, either run through a smut-mill, or washed and dried before grinding. The flour should be rather coarser than common flour; and not bolted. It takes more wetting than fine flour. For every loaf allow three tablespoonfuls of molasses, one quart of wetting (water or milk or terralac), a teaspoonful of salt, and, say, a tablespoonful of good brewer's yeast, or twice as much of homemade yeast. Mix the yeast, molasses and salt in the wetting; add half a teaspoonful of soda, and mix in as much coarse flour as can possibly be stirred in with a spoon. Then knead the bread briskly, until it cleaves from the hand. If made with brewers' yeast, put the loaves in the pan, and pat it in place and shape. If made with homemade yeast, sponge the bread, as in directions for sponging bread; and add the molasses and other wetting after the sponge rises. Knead until the dough cleaves from the hands. Set it in a warm place, until it rises; when

it is light, knead it again, as before, and put it in the pans to rise. Add no flour after the first mixing; the dough will not be stiff enough to form into loaves; shape the loaves after they are in the pan with the hand. (Haskell.)

FANCY LEAVENED BREADS.—Most like the ordinary white bread are of course, the fancy white ones, Vienna and French rolls, milk breads, and the like. They usually differ chiefly in the use of milk, sugar, butter, and the like, in the dough. Entire wheat, graham, rye, barley, or oatmeal flours are made into bread in essentially the same way, and vary in texture and nutritive value according to their original composition. Soda, cream of tartar, or baking-powder biscuit, short-cakes and the like, are intrinsically the same thing as ordinary white bread, except that the baking powder, or its substitute, does the work of yeast. Such breads do not require to be kneaded, or set to rise, and bake very quickly; hence, they are very convenient when yeast is unobtainable, or time is short. They never become so light and porous as yeast-made bread, however, and dry very quickly. (H. W. Atwater.)

SIMNEL.—One pound of flour; a quarter of a pound of butter (or half a cupful of palatable oil); a quarter of a pound of white sugar; one pound of dried currants; two ounces of candied lemon; half a cupful of milk (or terralac); one egg; and a quarter of an ounce of baking powder. Mix the baking powder with the flour; rub in the butter (or oil); add the sugar, the currants, the candied lemon and the milk (or terralac), mixed with the egg, well beaten; mix all together and bake in a tin mould, in a moderately hot oven. ("Vegetarian Cookery.")

SODA BISCUIT.—Sift one teaspoonful of soda and two of cream of tartar with one quart of flour into the bread pan. Add two ounces of butter cut in fine bits, or four spoonfuls of oil. Mix thoroughly and quickly, without rubbing the butter in. Add a pint of sweet milk (or terralac, or, instead of the milk, put in a little more butter, or oil, and a large pint of water); mix quickly; roll out the soft dough half an inch thick; cut it with a small biscuit-cutter; and bake immediately in a brisk oven. (Haskell, Beecher.)

BREAD-BITS FOR SOUP.—Cut slices of bread into the form of dice about as thick as your finger; fry them. Do not

put them into the soup, until the moment of carrying it to the table; otherwise the bread-bits will swell, and become soft, and lose their delicacy. (Fr.)

LITTLE TRAYS OF BREAD.—Little trays are made of bread to hold small portions of culinary preparations, such as hot side-dishes. Cut some slices of bread of the thickness of two fingers, cut the slices in whatever shape you please, triangular, square, round and the like, but preferably not larger than half your hand, or even smaller. Hollow out these pieces to one half their thickness, in the shape of a tray with a border that is not too narrow. Fry them to a fine color in very hot butter or oil. (Fr.)

BREAD AND MILK OR TERRALAC.—If bread be crumbled into milk, and a little sugar added, the excess of protein and of fat in the milk or terralac make up for the slight, if any, deficiency of protein in the bread, and its greater deficiency of fat; and the sugar counterweights the deficiency of carbohydrates in the mixture of bread and milk, or terralac; so that the result is a well balanced food, just about the mean of all human diets. If the milk be first warmed to 140 degrees Fahrenheit, for twenty minutes (pasteurized), the germs, or bacteria, that might cause disease, are killed. If the germs were killed by fully boiling the milk, it would become less digestible, and have a less agreeable taste. ("Bread and milk ranks very high as a rational, palatable and economical dish." Woods & Snider.)

FRENCH PANADA.—Break a stale penny roll in pieces; put it in a sauce-pan with just enough water to cover the bread; stir it well over the fire, allowing it to boil five minutes; then add half a teaspoonful of salt and one ounce of fresh butter (or two spoonfuls of oil); mix, and take from the fire; beat the yolk of an egg with two tablespoonfuls of milk (or terralac), or water, and pour it into the panada, stirring very quickly half a minute. Any other nice light bread would answer the purpose as well as the roll. Panada should be rather thicker than gruel, and may be made of milk, but water is preferable, being lighter and more digestible. ("Vegetarian Cookery.")

BREWIS.—Cut some bread in thin slices (toasted if preferred) into a basin; pour boiling water upon it, and cover it

with a plate; let it stand a few minutes, and then stir in a piece of butter (or some palatable oil) and a little salt. Oat-cake toasted and cut in pieces is frequently used. ("Vegetarian Cookery.")

RUSK.—The rasped crust of bread, or bread dried and browned in the oven and reduced to powder serves for browned dishes and other culinary preparations. One of the simplest ways to prepare it is to rasp the upper crust of a loaf of bread. Also it can be made of pieces of bread dried in the oven. When they are well dried and of a fine light brown color throughout, but not scorched, crush them, or pound them in a mortar and sift them as fine as meal. The powder should not be too brown, for it would give a bitter taste. (Fr.) The heat has partly changed the starch of the wheat into dextrin (a gum resembling gum arabic), and has thereby facilitated digestion. Rusk eaten, instead of common bread, with milk (or terralac) is delicious. Muffins, or the sweeter Sally Lunn teacakes, or uncommonly sweet ones may be used in the same way.

SWEETENED RUSK OR HOMEMADE "BREAKFAST FOOD."—Small pieces of whole wheat, or graham bread dipped in a dilute mixture of glucose and malt, then dried in an oven and crushed, closely resemble some of the granular, specially prepared breakfast foods. Any stale bread may be dipped in a little molasses and water, dried from twelve to twenty-four hours in the warming oven of an ordinary range, then crushed, and served up like the granular brands of breakfast foods. Many tests have been carried on with such homemade breakfast foods, and they seem to be quite as appetizing as the preparations which they resemble, and which sell for 12.5 or 15 cents a pound. (Woods & Snider.)

TOAST.—Cut stale bread into slices half an inch thick, and toast them quickly, first on one side, then on the other, before a hot fire of coals, or of flames; so as not to dry the interior of the slice, but give the surface a uniform delicate brown color, with care not to burn black any part of the slice, nor to smoke it. The bread thereby becomes crisp on the surfaces and slightly changed in flavor, while the interior is yet moist; and should be eaten at once. If kept a short time, even though kept warm, it becomes tough, hard and comparatively

unpalatable. The heat, here too, has converted some of the starch of the wheat into dextrin, aiding its digestion.

BUTTERED TOAST.—Procure a nice square loaf that has been baked one or two days previously, and with a sharp knife cut the requisite number of slices, about a quarter of an inch in thickness; place a slice of the bread on a toasting fork, about an inch from one of the sides; hold it a minute before the fire; then turn it, hold it before the fire another minute; by which time the bread will be thoroughly hot; then begin to move it gradually till the whole surface has assumed a yellowish brown color; turn it again, toasting the other side in the same manner; then lay it upon a hot plate, spread rather less than an ounce of butter over it, and cut it into four or six pieces; if three or four slices are required, cut each slice into pieces, as soon as buttered, and pile them lightly upon the hot plate on which they are to be served up, as often, in cutting through several slices with a bad knife, all the butter is squeezed out of the upper slice, and the lower one is found swimming in butter. Warming the bread gradually on both sides greatly improves the quality of the toast, and makes it much lighter. The butter should not be too hard, as pressing it upon the toast would make it heavy. Dry stale bread may be dipped in warm water, and toasted gradually before being buttered. (“Vegetarian Cookery.”)

DRY TOAST.—Toast the bread as for buttered toast, and place it in a toast-rack, or raised on a plate, one piece resting against another; and serve it up immediately, or it will become tough. Any kind of toast should not be made till just before it is wanted. (“Vegetarian Cookery.”)

TOAST WATER.—Cut a crust of bread off a stale loaf about twice the thickness of ordinary toast; slowly toast it, until it be completely browned all over, and through and through, but not at all blackened or burnt; pour into a pitcher as much boiling water as you wish to make into drink; put the toast into it, cover it, and let it steep until it is quite cold; the fresher it is, the better. If the boiling water be poured on the bread, it will break it, and make the drink less clear. To make it more expeditiously, put the bread into a mug, and just cover it with boiling water; let it stand until cold, then fill up with cold water, and pour it through a fine sieve. It

is a pleasant, excellent beverage, grateful to the stomach, refreshing in the summer, and deserves a constant place by the bedside. (Dr. Kitchiner, Haskell.) Sugar, cream or milk (or terralac), may be added. (Beecher.) As toast water contains in liquid, highly digestible form some small amount of the well proportioned nourishment of bread, it is useful to convalescent invalids. In particular, the dextrin formed from the starch in the wheat flour by toasting would by solution enter into the toastwater. Japanese soy adds an agreeable flavor, as well as protein.

DIP TOAST.—Toast nice, freshly sliced bread over hot coals, dip it in boiling water quickly, and spread it with plenty of sweet butter. (Haskell.)

HOT WATER TOAST.—Carefully and quickly toasted slices of stale bread, preferably with the crust trimmed off, may be dipped in a pint of nearly boiling water into which a cupful of butter (or of oil) and a little salt have been put. Serve up with the remaining water still hot in a sauce-boat. (Haskell.)

MOLASSES TOAST.—Boil good molasses, strain it through a hair sieve or a thin cloth; let it boil five minutes slowly, with an ounce of butter (or two spoonfuls of oil) to a pint; if the toast is dry and hard, dip it quickly in hot water, and then in the molasses; if fresh, in the molasses only. (Haskell.) The molasses and butter (or oil) supply well the deficiencies of the bread, and make the dish a particularly well proportioned, delicious food. Toasting has also produced dextrin.

MILK TOAST.—Boil a pint of rich milk (or terralac), take it off and stir into it a quarter of a pound of fresh butter (or a gill of palatable vegetable oil) mixed with a small table-spoonful of flour. In case of using terralac, add, if you like, a little salt, say, a quarter of a teaspoonful. Then let it again come to a boil. Have ready two deep plates, with half a dozen slices of toast in each. Pour the milk (or terralac) over them hot, and keep them covered, till they go to the table. (Leslie.) What was said of the merits of bread and milk, or bread and terralac, as a rational (that is, well proportioned) and palatable food applies also to milk toast, with the additional advantage of the conversion of some of the starch of the wheat flour into dextrin, by the toasting.

CREAM TOAST is made in the same way, but with a little less butter, and with cream instead of milk; or, in case of using terralac, with a somewhat larger amount (say half as much again) of palatable vegetable oil.

CAKES.

SALLY LUNN TEA-CAKES.—Beat three eggs well, add a pint of sweet, lukewarm milk, or terralac (or, instead of the milk, a fourth egg, with much lighter result), half a cupful of melted butter, a teaspoonful of salt and half a cupful of sugar (some say, less sugar, or none at all); stir in thoroughly a quart of flour; and beat in well a gill of the best fresh yeast. Let the whole rise as high as it will—say, two or three hours, or longer with weak yeast. Bake in a quick oven, and serve up. (Kitchiner and others.)

MUFFINS.—Melt half a cupful of butter, stir it into a pint of sweet milk (or terralac), add three eggs beaten light, a quart of flour, a heaping tablespoonful of brewer's yeast, and a teaspoonful of salt. Let the batter rise in a warm place; butter the muffin rings; set them on a buttered hot griddle; pour the batter with a large spoon, or a ladle, into the rings and bake the muffins quickly to a light brown; serve them up hot. (Haskell.) The ingredients, except the sugar, are evidently the same as in Sally Lunn's.

CRUMPETS also are of essentially the same composition, but sometimes have more butter, or oil, (say, double), and sometimes one-half more eggs; sometimes none at all; and sometimes sugar is put in the batter.

BUNS.—Add a pound of sugar to four pounds of sifted flour; make a hole in the middle and stir in a gill of good yeast, a pint of lukewarm milk (or terralac); with enough of the flour to make it as thick as cream; cover it over, and let it lie two hours; then melt to oil (but not hot) one pound of butter (or use palatable oil), and stir it into the other ingredients, with enough warm milk (or terralac), to make it a soft paste; throw a little flour over it and let it lie an hour; with the hand mould the dough into buns about as large as a large egg; lay them in rows full three inches apart in a buttered platter; set them in a warm place for half an hour, or till they have risen to double their size; bake them in a hot

oven to a good color; and, on drawing them from the oven, wash them over with a brush dipped in milk (or terralac). *Cross Buns*—To the mixture just described add one ounce and a half of ground allspice, cinnamon and mace, mixed; and when the buns are half risen, press them in the centre with the form of a cross, using a tin mould made for the purpose; and proceed as above indicated. *Seed Buns*—Into two pounds of the plain bun dough above described mix one ounce of caraway seeds; mould the dough into buns, and put each one into a buttered tart-pan; set them to rise in a warm place; and when they are risen enough, ice them with the white of an egg beaten to a froth, laying it on with a paste-brush; put some powdered sugar on that, and dissolve it with water splashed from the brush; bake then in a warm oven about ten minutes. *Plum Buns*—To two pounds of the plain bun dough above described add half a pound of dried currants, a quarter-pound of candied orange-peel cut into small pieces, half a nutmeg grated, half an ounce of mixed spices, such as allspice, cinnamon and the like; mould them into buns; jag them around the edge with a knife, and proceed as with the plain buns. (Kitchiner.)

BATH BUNS.—Rub together with the hand one pound of fine flour and half a pound of butter; beat six eggs, and add them to the flour, with a tablespoonful of good yeast; mix them all together, with about half a teacupful of milk (or terralac); set it in a warm place for an hour, then mix in six ounces of sifted sugar, and a few caraway seeds; mould them into buns with a tablespoon, on a clean baking-plate; throw six or eight caraway comfits on each and bake them in a hot oven about ten minutes. This quantity should make about eighteen buns. (Kitchiner.)

AMERICAN BUNS.—Take three teacups of light dough from homemade yeast bread, mix into the dough three teaspoonfuls of melted butter (or palatable oil); a little salt, an ounce and a half of sugar, three well beaten eggs, and half a teaspoonful of dissolved and strained soda; mix all together and add flour to make the dough stiff enough to knead; after kneading it well, let it rise; when it is light, make the dough up in rather high cakes as large round as a dollar; pack them closely in the pan, and dredge lightly with flour to prevent their becoming one mass. Bake as soon as they are light, and when they

are done, brush over the top with yolk of egg and sugar; do not separate them, until they are cold. (Haskell.)

PITCAITHLY BANNOCKS.—One pound of flour; half a pound of butter (or a cupful of palatable oil); two ounces of almonds; two ounces of candied orange; two ounces of caraway comfits; and two ounces of powdered sugar. Dry the flour before the fire; then mix it with the almonds, blanched and thinly sliced, the candied orange cut in small shreds, and the caraway comfits; mix all well together with the butter, melted (or oil); form the bannock; lay it on a flat baking tin, and bake it in a rather slow oven. (“Vegetarian Cookery.”)

SHREWSBURY CAKES.—Half a pound of flour; six ounces of sifted loaf sugar; and five ounces of fresh butter (or ten tablespoonfuls of palatable oil). Soften the butter a little, pressing out the water; mix the flour and sugar together; work in the butter (or oil) with a wooden spoon, till well incorporated; then add not quite two tablespoonfuls of water; mix well with the spoon, till it becomes a smooth stiff paste; roll it very thin, and cut the cakes round, or in any other form. If the paste does not roll smoothly, cover it, and set it in a cool place till the next day; then roll it thin; lay the cakes on baking tins, and bake in a moderate oven. Or, instead, begin with three quarters of a pound of flour, six ounces of butter (or twelve tablespoonfuls of palatable oil); eight ounces of powdered sugar, and one egg. Beat the butter to cream; add the sugar, then the egg, well beaten, and then the flour well dried; then proceed as already described. (“Vegetarian Cookery.”)

WAFER CAKES, WAFFLES, GRIDDLE OR FLANNEL CAKES AND CRULLERS OR WONDERS.—Wafer cakes, waffles (both these kinds fried between slightly greased, strongly heated irons), and griddle or flannel cakes (fried quickly on a thinly greased, very hot griddle), and crullers, or wonders (fried immersed in fat), appear to have mainly the same composition, with somewhat variable proportions of flour, milk, butter, sugar and eggs, according to taste. *French Wafers*—Put into an earthen dish half a pound of flour; make a hole in the middle; put into it a teaspoonful of salt, a spoonful of brandy, a spoonful of olive oil, three egg-yolks and two whites, two spoonfuls of powdered sugar, a spoonful of orangeflower water,

or a little of the grated yellow rind of a lemon, and two good ounces of melted butter (or four spoonfuls of oil). Moisten the flour little by little with all that you have put into it, without disturbing the border or making any lumps; add milk (or terralac) little by little, until the batter is like thick mush, add the third white of egg, beaten to froth. Heat the wafer-iron on both sides over live charcoal; grease the interior of the iron with a little butter in a bit of coarse muslin (or with oil); pour in a little of the batter; close without squeezing tight; put one side after the other on the fire, one or two minutes, according to the heat of the fire; remove any of the batter that may have spilled outside the irons; when the wafer is lightly browned, remove it, and sprinkle it with sugar. (Fr.) *Wafer Cakes* are essentially the same; only, no milk is put in. (Leslie.) A batter with like proportions of thick cream (instead of the milk), sugar and eggs, with the butter omitted, is prescribed for *cream griddle cakes*. (Beecher.) *American Waffles* are thicker than wafer cakes, and instead of depending on the beaten eggs, or whites, for lightness, have some yeast, or soda and an acid, for raising them. For example, a teaspoonful of soda and a pint of sour cream are added; or, again, a tablespoonful of thick brewer's yeast with only a quarter-teaspoonful of soda, and no sour, but an additional cupful of sweet milk (or terralac) are put in, and the batter is allowed to rise until light. (Haskell.) An essentially similar composition is prescribed for *wonders or crullers*, except that the milk is omitted (the greater quantity of frying fat probably supplying all the fat that is desirable); the soft paste is rolled out an inch thick, cut and twisted into fantastic shapes and fried in a skillet (or frying-pan) of boiling fat (say, oil or butter); taken out with a skimmer, spread on a large dish, and, after cooling, sprinkled with sugar. (Leslie.)

ROUSSETTES.—Make a paste with a pound of flour, three eggs, a quarter pound of butter, a little salt, two spoonfuls of milk, a spoonful of brandy and one of orangeflower water; let it rest three hours; roll it out to the thickness of a quarter-inch; cut it in squares, lozenges, rounds and the like, shaping the top; fry (immersed in fat), and sprinkle with sugar on both sides. Roussettes can be eaten either warm or cold; and they can be kept several days. (Fr.)

PANCAKES.—Sift half a pound, or a pint, of flour. Beat seven eggs very light, and stir them gradually into a quart of rich milk (or terralac). Then add by degrees the flour, so as to make a thin batter. Mix it very smooth, pressing out all the lumps with the back of a spoon. Set the frying pan over the fire, and when it is hot, grease it with a spoonful of butter. Then put in a ladleful of the batter, and fry it of a light brown color on both sides, turning it with care to prevent its breaking. Make each pancake large enough to cover the bottom of a dessert plate, greasing the pan every time. Send them to the table hot, with powdered sugar and nutmeg mixed, and with wine. (Leslie.)

SWEET PANCAKES.—Color the foregoing pancake batter a fine pink by stirring into it the juice of a large beetroot boiled tender, cut up and pounded in a mortar. Fry the pancakes, and as fast as they are done spread them thickly over with raspberry or other jam, or any kind of marmalade. Then roll them up nicely, and trim off the ends. Lay them side by side on a large dish, and strew powdered sugar over them. Send them to table hot, and eat them with sweetened cream. (Leslie.)

FRENCH PANCAKES.—For 16 or 18 cakes, take five good spoonfuls of flour, wet them little by little with three eggs, two spoonfuls of brandy, a pint of milk (or terralac); be careful to have no lumps; add a teaspoonful of fine salt and a pinch of pepper; mix and beat the whole well together. The preparation should have the consistency of a very thin porridge, and should be made three or four hours beforehand. In a frying-pan melt some butter as large as a large filbert; make it move in all directions, so as to grease the whole bottom of the frying-pan; put into it a ladleful of the batter, spread it out over the whole bottom of the pan in an extremely thin layer; when the cake is colored on one side; turn it on the other; eat it burning hot. To succeed with pancakes, they must cook quickly over a bright fire, and must not be put into the frying-pan, until it is very hot. More economically, instead of the pint of milk (or terralac), use half a pint of it and half a pint of water; and two eggs, instead of three; and one spoonful of brandy instead of three. (Fr.)

CAKE.

Wheat flour is combined in countless ways, according to fancy, with eggs, butter (or cream, or milk, or terralac) and sugar to make cake that is baked, or fried (either dry or immersed in fat). The cohesion of the flour into one heavy lump is prevented by raising to lightness either with yeast, or baking powder, or eggs. Although such powders be unwholesome for daily use in bread, the small quantity used in cakes can probably do no harm. A few examples will be given, chiefly indicating the proportions of the ingredients, after some general directions for preparing and baking any kind of cake.

MIXING AND BAKING ANY CAKE.—Except in dough-cake, the mixing of the ingredients should never be done with the hands, but with a wooden spoon in an earthen pan. Sift the flour and spices, and prepare the fruit, beforehand. When fruit is used, sprinkle it with a little flour to keep it from sinking while baking. The fruit may be spread evenly by putting it in layers, one in the middle and another near the top. Mixing new and stale milk injures the cake. Imperfect mixing may cause streaks in the cake. Egg-whites beaten to a froth should be put in the last thing, just before baking, that the lightness, which comes almost wholly from them, may be more perfectly retained; for, if kept too long, they sometimes go back. Care in baking is important. If the bottom of the oven be too hot, set the pan on a brick. If the oven is very hot, and the top crust forms too quickly, it prevents what is below from rising properly; so, cover the top with paper. Unequal baking or a sudden decrease of heat, before the cake is done, may make streaks in the cake. In baking, move the cake gently, if you change its place, or it will fall in streaks. The cake-pan, especially if old, should be lined with oiled paper, to prevent its giving a bad taste to the cake. Try when the cake is done by inserting a splinter, or straw; if it comes out clean, the cake is done. Neither cake nor bread should be wrapped in a cloth; they are best kept in a tin box or a stone jar. (Beecher.)

ICING OR FROSTING is added to the baked cake with white of egg and, for each egg, about a quarter-pound of sugar. Beat the whites, slowly adding the sugar; a little lemon-juice or tartaric acid makes the frosting whiter and better. Pour the

icing on the centre, and spread it with a knife dipped in water. If possible, dry in an open sunny window, otherwise, harden it in the oven. In adding the sugar, some almonds pounded to a thin paste may be mixed in. (Beecher.)

GINGERBREAD.—Take half a pint of molasses, or sugar, a small cup of soft butter, a gill and a half of water, a heaping teaspoonful of soda dissolved in a tablespoonful of hot water, and one even tablespoonful of strong ginger, or two if it be weak. Rub the butter and ginger into the flour, add the water, soda and molasses, and, while doing it, put in two tablespoonfuls of vinegar. Roll into cards an inch thick, and bake half an hour in a quick oven. (Beecher.)

SPONGE GINGERBREAD.—Add to the foregoing two beaten eggs and water enough to make it as thin as pound cake; and bake as soon as it is well mixed. (Beecher.)

GINGER SNAPS AND SEED COOKIES.—One cup of butter (or of oil), two cups of sugar, or molasses, one cup of water, one tablespoonful of ginger, one heaping teaspoonful of cinnamon and one of cloves, one teaspoonful of soda dissolved in a small cup of hot water. Mix, and add flour enough for a stiff dough; roll thin and cut into small round cakes; or into larger rectangular hard gingerbread. If you omit the spices, and put in four or five tablespoonfuls of caraway seeds, you have *seed cakes*. If you leave out all spice and seeds, you have plain *cookies*. (Beecher.)

SHORT CAKE.—Rub three quarters of a pound of fresh butter (or a gill and a half of oil) into a pound and a half of sifted flour; and make it into dough with a little cold water. Roll it out into a sheet half an inch thick, and cut into round cakes with the edge of a tumbler. Lay them in a shallow iron pan sprinkled with flour and bake them in a moderate oven, till they are brown. Send them to the table hot; split and butter them. (Leslie.)

BRIOSH.—To make a briosh ("brioche") is one of the difficult feats of cake making, but a careful attention to the following details will insure a good result. For six or seven persons, put a quarter-pound of good flour into a pan, a soup-tureen, or a salad-bowl. Make a hole in the middle, and into it put two tablespoonfuls of brewery yeast. Mix the flour little by little with the yeast, until you have a rather firm

paste, knead it well with your hands, make it into a ball, which you bury in the middle of the flour. It is the sponge. Put it, covered up, in a warm place—but not too warm, so that it would cook—until the lump of paste has swollen to double or triple its former bulk. It will take five or six hours. When the sponge has fully swollen, take it from the flour, and make a hole in the flour again; put into it four spoonfuls of milk (or terralac), a heaping teaspoonful of fine salt, six ounces of good butter (or twelve spoonfuls of oil), mix them little by little with the flour, stirring and shaking it well, and beating it, so to speak, with the fingers; add an egg, white and yolk, keep on mixing; add another egg, constantly knead, handle, work the paste in the salad-bowl, or pan. Finally, mix this paste with the sponge thoroughly, yet without working the paste too much. When the mixing is complete, make the paste into a little heap in the middle of the pan; cover up with a cloth and a plate, but without letting the plate rest on the paste; and set it in a warm place for about eleven or twelve hours. The briosh paste should not be either too soft or too hard; it should be soft, but not so as to flow or spread out, and, if too soft, more flour should be added; if it is too hard, more egg. At the end of eleven or twelve hours, roll it out on a well floured table; fold the edges over towards the centre, and roll out again. Repeat this operation four times; collect it again into a ball. Let it rest four hours, covered with a cloth. Again roll it out, and fold it over four times. Take about a quarter of the paste to make a head; round it, and place it upon the rest of the paste rolled out to a thickness of two inches, and nicely round in shape. Put the briosh upon a paper, gild it with an egg beaten as if for an omelet, bake at once in a hot oven; yet, if it is a bread oven, wait until after the bread has been put in. It takes half an hour, or three quarters, for the baking; if it is becoming too much browned before that, cover it with paper. If you have only a Dutch oven for the baking, heat it well, and mould the briosh into the form of a crown, shaping and kneading it. Put it upon the paper, and make a slit in the middle of the breadth of the briosh. The sponge can be prepared in the afternoon, the paste made late in the evening, and the paste finished the next morning. (Fr.)

FRENCH PLUM CAKE (Baba).—Make and mix a sponge and paste exactly in the same way as for the briosh; only the

paste and sponge, when mixed together, should be a little thinner than for the briosh; if it is too thick, add a little milk (or terralac). When the mixing is complete make a hole in the middle, and put into it two ounces of powdered sugar, a wine-glassful of Madeira, or of rum, two ounces of stoned Malaga raisins cut in two, two ounces of dried currants, a third of an ounce of cedrat comfit cut in small shreds, and a pinch of powdered saffron. Mix the whole well together. Put it into a buttered sauce-pan or mould; as the paste will greatly swell, do not fill the mould more than half full; wait until the paste has risen almost to the top of the mould; bake an hour and a half in a moderate oven. (Fr.)

ENGLISH PLUM CAKE.—Take a pound of dough at the baker's. Knead it up with six ounces of dried currants well cleaned and washed, a piece of orange-peel comfit, cut into quite small bits; six eggs, whites and yolks; a quarter-pound of butter; a tablespoonful of half-and-half anise and caraway seed; a quarter-pound of powdered sugar; half a teaspoonful of fine salt. Beat the whole well together; line the inside of a single-piece mould with buttered paper; three quarters fill it with the mixture; cook an hour and a half in an oven that is not too hot. Do not take out of the mould until fifteen or twenty minutes after taking from the oven. The plum-cake can be eaten either warm or cold. Instead of one large cake, small ones may be made with small moulds. If there be no bakery near, to provide the dough, make the cake as follows: Melt a quarter-pound of butter over a gentle fire (or eight spoonfuls of oil), and take it from the fire; beat it up with a quarter-pound of sugar; add a half-pound of dried currants and a piece of orange-peel comfit cut into quite small bits, the anise and caraway; then add, one after the other, beating well, six whole eggs, and lastly three-quarters of a pound of flour and a spoonful of good brewery yeast. Bake in the way already described. (Fr.)

ENGLISH CAKE.—Take a pound of dough prepared for bread, some butter as large as an egg (or four spoonfuls of oil), half a cupful of milk (or terralac), two spoonfuls of powdered sugar, a teaspoonful of fine salt, and eight spoonfuls of dried currants; mix the whole well together, and bake it in a buttered saucepan for about an hour, with fire above and below. (Fr.)

DOUGHCAKE, BAKED OR FRIED.—Mix with the hands, three cups of raised dough, half a cup of butter (or of oil), two cups of sugar, two eggs, fruit and spice according to taste. When the mass is light, bake in loaves. The cake can be made more or less sweet and shortened, by lessening or increasing the quantity of dough. If the dough be thickened enough to roll, and be rolled an inch thick, and cut into oblong strips, it may be fried in butter for *doughnuts*. (Beecher.)

YEAST-RAISED PLAIN LOAF CAKE.—Mix well two pounds of dried and sifted flour, a pint of warm water in which is melted a quarter of a pound of butter half a teaspoonful of salt, three eggs without beating, and three-quarters of a pound of sugar; then add two nutmegs, two teaspoonfuls of cinnamon, and half a pint of home-brewed, or a quarter-pint of distillery yeast. When the mixture has risen light, add two or three pounds of fruit, and let it stand half an hour, before baking. If the dough be thickened enough to roll, and be rolled an inch thick and cut into oblong strips, it may be fried in butter for *doughnuts*. (Beecher.)

RICH LOAF CAKE is made like the foregoing, only adding more eggs, butter and sugar. For example: Four pounds of flour, three of sugar, two of butter (or a quart of oil), a quart of water or milk (or terralac), ten unbeaten eggs, half a pint of wine, three nutmegs, three teaspoonfuls of cinnamon, and two cloves; half a pint of distillery yeast, or twice as much home-brewed. In New England this is called Election or Commencement Cake. Two or three risings used to be practiced; but one is as good, if the mixing is thorough. (Beecher.)

FOUR QUARTERS.—Take three or four eggs and the same weight each of flour, butter (or oil), and powdered sugar. Mix well together the flour, butter, sugar and the yolks of the eggs; seasoned with a pinch of salt and a spoonful of orangeflower water; add the whites of the eggs beaten to a froth; put into a buttered (or oiled) mould, sprinkle with sugar, and cook an hour and a half in an oven that is not too hot. *With Almonds*: To make the four quarters more delicate, add a quarter pound of blanched almonds. To blanch the almonds drop them some minutes into very hot water. (Fr.)

ONE-TWO-THREE-FOUR CAKE.—Take one cup of butter, or oil, (half a cup is better), two cups of sugar, three cups of

flour, and four eggs. Mix the butter, sugar and yolks. Then mix in the flour very thoroughly, and lastly the whites in a stiff froth. Bake immediately, and the cake will be light, with nothing further added. But it is equally light, if, omitting the eggs, two teaspoonfuls of cream of tartar be worked into the flour, and the flour then mixed with the previously well mixed butter and sugar. When ready to bake, mix in very thoroughly and quickly a teaspoonful of soda, or a bit of sal volatile (carbonate of ammonia), dissolved in a cup of warm (not hot) water. This makes two loaves. For several variations, *Chocolate Cake*: Bake the cake in layers about an eighth of an inch thick. When they are nearly cool, spread over them a paste made of equal parts of scraped chocolate and sugar wet with water. Place the layers one over another, frost the top, and cut in oblong pieces for the cake basket. *Jelly Cake* is made in the same way, only using jelly instead of chocolate. *Orange Cake* again is made in the same way, using instead of jelly, peeled, finely chopped and sweetened oranges, and flavoring the cake with a little grated orange peel. *Almond Cake*: Blanch three ounces of almonds (that is pour on boiling water, and take off the skins.) Chop or pound them with an equal quantity of sugar, make a thin paste with water, and use this instead of the jelly. *Coconut Cake*: Coconut, chopped fine, can be used instead of almonds. *Strawberry, Peach, Cranberry and Quince Cake and the like*: Strawberries, peaches, cranberries, quinces, or any other fruit, mashed or cooked, can be sweetened and used in the place of the jelly. This cake can be made richer by adding spices and fruit before baking. Cream can be used in place of butter. Chopped almonds, citron or coconut may be put into the cake before baking, making still another variety. (Beecher.)

EGG-RAISED PLAIN CAKE.—Take a pound, or quart, of flour, half as much sugar, half as much butter (or oil) as sugar, four or five eggs, one nutmeg, and a teaspoonful of cinnamon. Mix well the sugar, butter, yolks and spice; then the flour, and last the whites as stiff froth. Clearly, this is the same as the one-two-three-four cake, except slightly less flour; or, you may say, slightly more sugar and eggs. For *Crullers*, thicken stiff with flour; roll thin, cut in strips, form twisted cakes, and fry in butter. For other variations, see the end of the next receipt. (Beecher.)

POUND CAKE, very rich.—Of flour, sugar and butter (or use oil), one pound each; nine eggs, a glass of brandy, one nutmeg, one teaspoonful of pounded cinnamon. Mix half the flour with the butter, brandy and spice; add the yolks beaten well into the sugar. Beat the whites to a stiff froth, and add them in alternate spoonfuls with the rest of the flour; then beat a long time, and bake as soon as done. This cake and the foregoing may be varied by adding citron, fruit, or other spices, making them more or less rich. (Beecher.)

FRUIT CAKE.—Fruit-cake is made either like pound-cake with fruit added, or like plain cake raised with either eggs or yeast, adding fruit. *Walnut-meats* or *almonds* may be chopped, and put into the cake, instead of fruit, making another variety. (Beecher.)

HUCKLEBERRY CAKE.—One quart of huckleberries, three cups of sugar, a cup and a half of butter (or oil), three cups of flour, six eggs, one cup of sweet milk (or terralac), and one teaspoonful of soda dissolved in a little hot water. Cream the butter and sugar, and the beaten yolks. Then add the milk, flour, and two grated nutmegs. Then add the whites, whipped to a stiff froth, and the berries, gently, so as not to mash them. *Currants and other berries* may be used in the same way. If they be very sour, add more sugar. If doubtful of raising it enough, add a teaspoonful of soda; or, more surely, a bit of sal volatile (carbonate of ammonia), as large as a hickory nut. (Beecher.)

GOLD-AND-SILVER CAKE.—For each kind, take one cupful of sugar (for the silver, white; and for the gold, brown may be used), half a cup of butter (or of oil), half a cup of milk (or terralac), two cups of flour, one teaspoonful of cream of tartar, and half as much soda. For the one cake, use the yolks of three eggs; and for the other, the three whites, as stiff froth. Mix the cream of tartar very thoroughly in the flour, and put the soda in last. Bake immediately. This makes one loaf of each kind, in flat pans, and each is to be frosted. (Beecher.)

PLAIN SPONGE CAKE.—Mix thoroughly two cups of sifted flour and two cups of white sugar with one teaspoonful of cream of tartar. Beat four eggs to a froth, not separating the whites, and add some grated lemon peel, or nutmeg, or rose-

water. Just before baking, add half a teaspoonful of soda dissolved in three tablespoonfuls of warm water. Beat quick, and set in the oven immediately. If you add flour enough to roll, and fry in butter, you have *doughnuts*. (Beecher.)

RICH SPONGE CAKE.—Take twelve eggs, a pound of sugar, and three-fifths of a pound of flour. Beat the sugar into the yolks; add the juice and grated rind of a lemon; then the flour; and then the whites beaten to a stiff froth; and bake as soon as possible, in brick shaped pans lined with buttered paper. (Beecher.) *Lady Fingers* are made of sponge cake baked in small pans of their shape.

WHEATEN PUDDINGS.

GROAT PUDDING.—One quart of groats; four ounces of onions; one teaspoonful of powdered sage; half a teaspoonful of marjoram and two ounces of butter (or four tablespoonfuls of palatable oil). Pick and well wash the groats; steep them twelve hours in cold water; pour off the water not absorbed, replacing it with fresh water; add the onion chopped small, sage, marjoram, butter (or oil), pepper and salt, and bake in a moderate oven. (“Vegetarian Cookery.”)

ROLLED PUDDING.—Make a paste of a pound of flour and half a pound of butter; and roll it out thin into a square or oblong sheet; trim off the edges, so as to make it an even shape. Spread thickly over it some marmalade, or cold stewed fruit, made very sweet, either apple, peach, plum, gooseberry or cranberry. Roll up the paste, with the fruit on it, into a scroll. Secure each end with a nicely fitted round piece rolled out from the trimmings you have cut from the edges of the sheet. Put the pudding into a cloth, and boil it at least three hours. Serve it up hot, and eat it with cream sauce, or with butter and sugar. (Leslie.)

FRENCH ROLLED PUDDING.—Make a hole in the middle of a pound of flour; put into it a quarter-pound of butter (or eight spoonfuls of oil), an egg, a teaspoonful of fine salt, about a cupful of water; knead the whole well together; roll it out to the thickness of a dollar; spread over the whole surface an excessively thin layer of currant jelly, or of plum, or apricot, marmalade; roll up the dough so covered, into the shape of a big sausage; wrap it up in a cloth; tie both ends

with strings; cook an hour and a half or two hours in boiling water. The water should be constantly boiling, and should completely cover the pudding. If the water boils away too much, fill up the pot again with boiling water. Unwrap the pudding, and serve it up. The pudding is cut in slices, and should be eaten hot. The left-over part can be cut in slices, and warmed up in a little sugared water. (Fr.)

LOAF PUDDING.—When bread is too stale, put a loaf in a pudding bag, and boil it in salted water an hour and a half, and eat it with hard pudding sauce. (Beecher.)

BREAD PUDDING WITHOUT MILK OR EGGS.—One pound of stale bread; half a pound of dried currants; a quarter of a pound of sugar; and one teaspoonful of ginger. Pour boiling water on the bread, and when it is cool and properly soaked, press out the water, and mash the bread, adding the sugar, currants, ginger, a little salt and grated nutmeg; mix the whole well together; put it into a buttered dish, laying a few small pieces of butter (or some palatable oil) on the top; and bake in a moderate oven; when it is baked, let it stand a few minutes; then turn it out on a flat dish, and serve it up, either hot or cold. (“Vegetarian Cookery.”)

LEFT-OVER BREAD PUDDING.—Boil half a pint of milk (or terralac) with sugar, salt and half a spoonful of orangeflower water, or lemon-zest. Cut some pieces of briosh, or of bread, in slices as thick as your finger; put them to soak in the milk, then put them to drain. Dip them in eggs beaten as for an omelet, and then in finely crumbled bread-crumbs; fry them; serve them up sprinkled with sugar. (Fr.)

FRIED BREAD PUDDING.—Cut stale bread (preferably baker’s bread, as surer to be perfectly light) in thick slices, for greater delicacy omitting the crust; and put it to soak several hours in cold milk (or terralac); or still better in uncooked custard. Then cook on a griddle, with some salt; and eat it with sugar, or molasses or a sweet sauce. (Beecher.)

BOILED BREAD PUDDING.—Pare off the crust from a pound loaf of baker’s bread, and cut the crumb into very small pieces; and pour upon them, in a pan, a quart of boiling milk (or terralac). Cover the pan closely, and let the bread steep in the hot steam for about three quarters of an hour. Then remove the cover, and let the milk cool. Beat four eggs thick

and smooth; then beat into them a tablespoonful and a half of fine wheat flour. Next beat the eggs and flour into the bread and milk, and continue to beat hard, until the mixture is as light as possible; for on this the success of the pudding chiefly depends. Have ready a pot of boiling water. Dip your very thick pudding-cloth (better a square cloth than a bag) into it, and dredge it well with flour. Pour in the mixture, and firmly tie up the cloth, leaving room for it to swell, and plastering up the opening, if there be any, with flour moistened with water. If any water gets into it, the pudding is spoiled. Keep the water boiling hard, and, if necessary, add boiling water from a kettle. Cold water would chill the pudding, and make it hard and heavy. Boil it an hour and a half. Turn it out of the bag the minute before you send it to the table. Eat it with wine sauce, or with sugar and butter, or molasses. It may be much improved by adding to the mixture half a pound of raisins, preferably seedless ones, well floured to prevent their sinking. (Leslie.)

BREAD PUDDING WITH ONION.—Half a pound of bread-crumbs; two ounces of onion; a teaspoonful of sage; three quarters of a pint of milk; and two eggs. Mix the bread, sage, onion, pepper and salt with the milk, add the eggs well beaten, and bake in a rather quick oven. ("Vegetarian Cookery.")

PUDDING AND DUMPLING CLOTHS should be squares of coarse thick linen hemmed, and with tape strings sewed to them. After use, they should be washed, dried and ironed; and kept in a kitchen drawer, so as to be always ready when wanted. (Leslie.)

FRENCH BOILED BREAD PUDDING.—For 12 or 15 persons: Soak half a pound of bread-crumbs in milk (or terralac), take it out without pressing it, knead it with a quarter-teaspoonful of salt, a little nutmeg, a spoonful of flour, two eggs (whites and yolks), a quarter-pound of dried currants, well cleaned and washed, a quarter-pound of stoned Malaga raisins, a quarter-pound of butter (or eight spoonfuls of oil). Boil some water with big bubbles, dip into it a cloth, wring it out, spread it on a table, dredge flour over it; turn upon it the mixture; raise up the edges of the cloth, and tie them together with a string, taking care not to crowd the paste too much. Put the pudding so wrapped up, into the boiling water,

which should completely cover it; and let it boil without interruption for about an hour and a quarter. Take it from the water, but do not unwrap it for a quarter of an hour; so that it may become a little firm. Put into a sauce-pan a quarter-pound of butter (or eight spoonfuls of oil) and a teaspoonful of flour; add a quarter of a cupful of water, and as much rum, two ounces of sugar, and a little salt. Simmer eight or ten minutes; pour upon the pudding, and serve up. (Fr.)

BAKED BREAD PUDDING.—Cut the crust from a stale pound loaf of bread; and grate or rub the crumb as fine as possible. Boil a quart of rich milk (or terralac), and pour it hot over the bread; then stir a quarter of a pound of butter (or eight spoonfuls of oil), the same quantity of sugar, a glass of wine and brandy mixed, or a glass of rosewater; or, without the liquor, the grated peel of a large lemon. Add a tablespoonful of mixed cinnamon and nutmeg, pounded. Stir the whole very well, cover it, and set it away for half an hour. Then let it cool. Beat seven or eight eggs very light, and stir them gradually into the mixture, after it is cold. Then butter a deep dish, and bake the pudding an hour. Send it to the table cool. (Leslie.)

FRENCH BREAD PUDDING.—For 12 or 15 persons: Soak half a pound of finely crumbled bread-crumbs in milk (or terralac), drain it well, even press it, to drive out the milk; mix it with half a pound of powdered sugar, a quarter-pound of stoned Malaga raisins, a quarter pound of dried currants, well washed and cleaned, a quarter-pound of butter (or eight spoonfuls of oil); add four eggs, of which the whites are beaten to froth, and a small glass of rum. Do not put the whites in, until the moment of pouring the mixture into the mould. Put the whole into a well buttered mould; cover it, and cook two hours in a double boiler, and thereafter put it an instant in the oven, or in the hot ashes, to color the surface a little. Take from the mould; serve it up powdered with sugar and moistened with rum, which you set alight. (Fr.)

BREAD AND BUTTER PUDDING.—Butter a deep dish, and cover the bottom with somewhat thickly buttered slices of stale bread, without the crust. Spread thickly over them a third of a pound of dried currants, picked over, washed and dried, and strew on them some sugar. Then put on another

layer of bread and butter, and cover it likewise with dried currants and sugar. Finish with a third layer of each, making a pound of the dried currants in all. Over the whole pour four eggs, beaten very light and mixed with a pint of milk (or terralac), and a wine glass (a gill) of rosewater. Bake the pudding an hour, and grate nutmeg over it when done. Eat it warm, but not hot. Instead of dried currants, seeded raisins, cut in half may be used; or, again, stewed gooseberries; or apples, pared, cored and minced fine. (Leslie.)

BROWN BETTY PUDDING.—The Brown Betty pudding is essentially like the bread-and-butter pudding, except that you omit the eggs and milk; and use crumbled bread, instead of sliced, twice its bulk of finely chopped tart apples, and half its bulk of sugar and of butter cut in bits (or use oil), with, say, a teaspoonful of cinnamon for spice; spreading in alternate layers, the bread at top. Cover closely, and steam three quarters of an hour in a moderate oven; then uncover, and brown quickly. (Harland.)

BATTER PUDDING WITHOUT EGGS.—One pound of flour; one pint of milk (or terralac); one large teaspoonful of baking powder; one teaspoonful of salt; and one small teaspoonful of prepared ginger. Rub the baking powder quite smooth; then mix it well with the flour, ginger and salt; stir in nearly half of the milk (or terralac); beat it till quite smooth and free from lumps; then add the rest of the milk (or terralac); butter (or oil) a basin that it will very nearly fill; pour in the batter, and tie a cloth tightly over it; boil an hour and forty minutes; and serve it up with sweet sauce. It may be boiled in a cloth an hour and a half. ("Vegetarian Cookery.")

BOILED BATTER PUDDING.—Beat well together, breaking all lumps, a pint of flour, a quart of new milk (or terralac), and a little salt, and let them soak fifteen minutes. Then thoroughly incorporate eight well beaten eggs. Allow one-third of the pudding bag, or boiler, for swelling. If a bag be used, the pudding should be turned over, after it has been in the pot ten minutes. Puddings should be put into boiling water, and kept steadily boiling for two hours, if large; and should be kept constantly covered by adding boiling water from time to time. Cold water would make the pudding heavy.

Serve it up as soon as boiled, or it will fall. Add a rich liquid sauce. (Haskell.)

BAKED BATTER PUDDING.—A quart of new milk (or terralac), nine large spoonfuls of sifted flour, and a little salt. Mix the flour to a stiff paste, and work out the lumps; then gradually mix in the milk, and let it swell half an hour. Then stir in eight well-beaten eggs, and thoroughly incorporate the ingredients by quick beating, until it foams. Bake in a quick oven twenty minutes, if a small pudding; and thirty, if large. Serve it up as soon as baked, or it will fall. A nice liquid sauce or butter and sugar worked to a cream, are either proper. (Haskell.)

CREAM BATTER PUDDING.—Make a very light batter like that just described (for baked batter pudding), but with a gill less of milk, and one more egg, and tasting a little of the salt. Then stir in a gill of sweet cream not richer than what would rise by noon on a good cow's morning's milk; bake quickly; say, half an hour for a good sized pudding; and serve it up at once, with a rich liquid sauce. Or, use six eggs and two small teaspoonfuls of salt, a pint of flour, and a pint of milk (or terralac), and, just before baking, a pint of sweet cream (or terralac cream). Or, again, use a pint of flour, half a pint of new milk (or terralac), with salt, seven eggs, the yolks and whites, separately beaten, mixed in, first the yolks, and then the whites, in another half-pint of milk (or terralac), each time well beaten, then stirred into the milk and flour; and lastly add a pint of rich cream. Add, too, if you like, three tablespoonfuls of sugar and a little nutmeg. Serve up with wine sauce; and, at once, as all the batter puddings quickly fall. (Haskell.)

QUICK-DONE.—For ten or twelve persons: Into a saucepan put six egg-yolks, mixing them well with a quarter-pound of flour; then, little by little, wet them with a pint of milk (or terralac); add half a pound of powdered sugar and a spoonful of orangeflower water, or a little vanilla powder, or some lemon zest. Butter (or oil) a mould, or a deep dish; pour the porridge into it, immediately after adding the six whites of eggs beaten to a very stiff froth. Cook in a very hot oven, or Dutch oven, at least twenty minutes; sprinkle with sugar, and serve up at once, as soon as it has well risen

and is of a fine color; for otherwise the quick-done would fall back. (Fr.)

COTTAGE PUDDING.—Stir together one cup of sugar and two tablespoonfuls of butter (or four of oil); add the beaten yolks of two eggs; then, the two beaten whites; then, three cupfuls of sifted flour mixed with two teaspoonfuls of cream of tartar and one of fine salt, and again sifted. Lastly, when the dinner is ready to serve up, add a cupful of milk (or terralac) with a teaspoonful of soda dissolved in it. Have the oven heated to a quick, but not burning, heat. The pudding dish should be earthen and shallow; grease it with sweet butter (or oil), stir in the milk and soda with a quick movement, and bake immediately. It will be ready for the table in twenty minutes; or less, if very thin. Serve it up with sugar-sweetened sweet cream flavored with a drop of any extract fancied by the family; or use a wine sauce, or the “dyspepsia sauce.” (Haskell.)

PLUM PUDDING.—For 18 or 20 persons: Mix a quarter-pound of finely crumbled bread-crumbs, a quarter-pound of flour, and half a pound of butter, moisten with a cupful of milk (or terralac); beat three eggs (whites and yolks) with a teaspoonful of mixed nutmeg, ginger and cinnamon powder; mix them with the paste just described; add a quarter-pound of a mixture of cedrat, orange-peel and candied angelica, cut in small shreds, half a pound of well cleaned and washed dried currants, and half a pound of Smyrna or stoned Malaga raisins; and a cupful of brandy with which has been mingled the juice of a lemon, half a teaspoonful of salt and two ounces of sugar. Stir the whole well with a wooden spoon, until the spoon will stand upright in the paste. Let the paste stand five or six hours, or, still better, over-night. Butter, or oil, a mould, or a large bowl; yet not so large but that the paste will make it heaping full; cover it with a cloth that has been dipped in boiling water; and tie the cloth with a string. Cook at least five or six hours in boiling water, the mould upside down, and completely covered by the water. The water should not cease boiling for an instant; therefore, as it boils away, replace it with boiling water. When you take the pudding out of the kettle, dip it completely for ten minutes in cold water, so as to give it a little firmness, and enable it to be taken from the mould without being deformed. Take it from the mould,

and serve it up sprinkled with sugar, and moistened with rum, to which you set fire.

SAUCE FOR THE PLUM PUDDING.—Put into a sauce-pan two yolks of eggs well beaten and gradually mixed with half a cup of rum or Madeira, and half a cup of water; add a quarter-pound of sugar, and good, fresh butter as large as an egg (or use four spoonfuls of oil); beat the whole well together; set it over the fire until the butter is melted, stirring all the time, as for a thickening. Serve up in a bowl or sauce-boat. Such a plum pudding may, instead of being boiled, be baked in a dish lined with pie paste, in the oven, or Dutch oven, very hot. Or it may be divided into small portions, and each wrapped in pie paste, and baked in a hot oven, or Dutch oven. (Fr.)

AMERICAN BOILED PLUM PUDDING.—Boil a quart of rich milk (or terralac), with a small bunch of peach leaves in it, then strain it, and set it away to cool. Beat ten eggs very light, and stir them gradually into the cooled milk, alternately with the grated crumb of a two pound loaf of bread and three quarters of a pound of butter cut up. Add, by degrees, a pound of sugar, a pound of dried currants picked, washed and dried, and half a pound of stoned raisins cut in half, with three large tablespoonfuls of flour previously strewn over the currants and raisins; also two beaten nutmegs, a large tablespoonful of powdered mace and cinnamon, and the grated peel and juice of two large lemons or oranges; and a large glass of brandy and one of white wine. Mix the whole very well, and stir it hard. Then put it into a thick cloth that has been scalded and floured; leave room for the pudding to swell, and tie the cloth very firmly, pasting the tying-place with a small lump of moistened flour, to keep the water out more surely. Boil the pudding in a large pot of boiling water steadily for five hours, refilling the pot now and then from a boiling kettle. Turn the pudding frequently in the pot. As soon as you take the pudding out of the cloth, stick all over it, outside, half a pound of citron and half a pound of almonds blanched and split lengthwise in half. Send the pudding to the table hot; eat it with wine sauce, or with cold wine and sugar. If there be enough of the pudding left, it may be cut in slices, and fried in butter next day. All the ingredients, except the eggs, should be prepared the day before, to give time for the cooking. (Leslie.)

AMERICAN BAKED PLUM PUDDING.—Grate all the crumb of a stale pound-loaf of bread; pour a quart of rich milk (or terralac), boiling hot, over the grated bread; cover it, and let it steep for an hour; then uncover it to cool; mixing with it half a pound of butter cut up (or use 16 spoonfuls, a cupful, of oil), half a pound of sugar, two nutmegs beaten to powder, a tablespoonful of mace and cinnamon powdered and mixed together, and a quarter-pound of citron cut in large slips, and adding a glass of brandy and a glass of white wine. Beat eight eggs very light, and when the milk is quite cold, stir them gradually into the mixture. Then add, by degrees, half a pound of dried currants that have been picked over, washed and dried; and half a pound of raisins, stoned and cut in half, having previously dredged the currants and raisins with flour. Stir the whole mixture very hard. Put it into a buttered dish, and bake it two hours. Send it to the table warm, and eat it with wine sauce, or with wine and sugar only. The ingredients may best be prepared the day before, and kept covered closely. (Leslie.)

BREAD AND PLUM PUDDINGS IN GENERAL.—It is seen by the foregoing receipts that there is a wide variation in the proportions of the ingredients of bread puddings and plum puddings and in the spices of plum puddings. The French generally (though not in all cases) require fewer eggs and less butter. The cook has therefore much room for using judgment, or indulging fancy, according to the opportunities and prices of the grocery shops, or taste of the household. The fact illustrates the futility of extreme culinary precision in weights and measures; especially as there is too great diversity not only in the taste of individuals, but in the composition of the materials used (for example, flour, yeast and other natural products) and in the dimensions of the vegetables and fruits to be treated. The receipts for these puddings also show that they are pretty well-balanced foods, the butter supplying the deficiencies of the bread and flour in fat, and the fruit making good any deficiency in carbohydrates; and the spices encourage the secretion of the digestive liquids. The quantity of sugar and fruit is perhaps made rather large, to suit meat eaters.

FRITTERS.

PLAIN FRITTERS.—Beat seven eggs very light; stir them gradually into a quart of milk (or terralac); add, by degrees, three-quarters of a pound, or a pint and a half, of sifted flour. Beat the whole very hard. Have ready in a frying pan over the fire a large quantity of butter (or oil); when it has come to a hard boil, begin to put in the fritters; allowing for each about a gill of batter, or half a cupful. Begin to fry the fritters, as soon as the batter is mixed; for it will fall by standing. They do not require turning, and will be done in a few minutes. Fry at a time as many as the pan will hold. Send them to the table hot, and eat them with powdered cinnamon, sugar and white wine. Let fresh hot ones be sent in as they are wanted; they chill, and become heavy immediately. (Leslie.) Apple and other fruit fritters made with batter like this, will be mentioned under the different fruits.

FRYING BATTER.—Take some flour, more or less according to the quantity of the objects you wish to fry; make a hole in the middle; put into it, for a quarter-pound of flour, an egg (yolk and white), a little fine salt and pepper, a spoonful of brandy; mix well with the flour; and little by little some water and some milk (or terralac), until the paste is of the consistency necessary to leave the thickness of a cent upon the objects it covers. Mix, beat, work with a fork; let the batter stand for half an hour. At the moment of using it, add half of the white of an egg beaten to froth, if you wish much puffing-up; which, however good looking, nevertheless leaves the object more impregnated with the frying butter. (Fr.)

BATTER FOR FRYING VEGETABLES.—Two eggs, a quarter of a pound of flour, and one teacupful of water. Beat the eggs with the flour, till quite smooth, adding the water, and season with pepper and salt. It should be rather thick, or it will not adhere to the vegetables. It is used for frying scorzonera, boiled tender; cauliflower, boiled quickly for a few minutes, and then gently, till nearly tender, then well drained and cut in slices; and celery, boiled till nearly tender, then with the roots divided. (“Vegetarian Cookery.”)

PRESERVE FRITTERS.—Take some round wafer-cakes; cover the upper side of one of them with a layer of preserves

about as thin as a cent, either currant jelly, apple jelly, raspberry jelly, or apricot marmalade, or plum marmalade; being careful not to spread the preserves to the very edge of the wafer-cake; cover with another wafer-cake; join the edges of the two cakes with a little water. Dip the whole into some batter made as for plain fritters (just described); and fry in hot butter. Or, for eight persons, take half a pound of either short paste or puff paste. Roll it out as thin as a cent; cut it in rounds with a bowl, or a tumbler; cover them with a thin layer of preserves, either apple, plum or apricot marmalade, or the like; do not go to the edge; double them over; stick the two edges together with a little water. Fry them in very hot butter; take them out of a fine color; drain them; sprinkle them with sugar; serve up. (Fr.)

PUFFS.—Make some paste as for fritters. When it has cooked, and has had incorporated the needful quantity of eggs, so that it is manageable, butter (or oil), or sprinkle with flour, a sheet of paper, or of tin; arrange upon it from place to place small pieces of the paste as large as a large English walnut, with intervals of twice their bulk between them; gild them with egg; let them rest a quarter of an hour, and put them into a gentle oven; when they are of a fine, slightly brown, color, sprinkle them with a little powdered sugar, and put them back to be colored more strongly by a bright fire lighted at the mouth of the oven, or by making the fire more active if they are cooking in a stove-oven. (Fr.)

PUFFS WITH CREAM.—Make puffs in the way just described, raise up a small portion of the top; fill the inside with pastry cream (p. 112), or with whipped cream (p. 110). (Fr.)

PUFFED FRITTERS.—Put into a sauce-pan a cupful of water, some sugar as large as a pigeon's egg, some butter equally large (or two spoonfuls of oil), some lemon-zest, a little salt; boil a few bubbles; put into this sweetened and flavored water, some flour with one hand, while you stir with a spoon in the other, until the paste becomes very thick; and stir it, until it is cooked (which may be perceived by its not sticking to the fingers when they touch it); withdraw the sauce-pan from the fire, and let the preparation cool; put into it an egg, stirring lively, to incorporate it with the paste; break another egg, and so on until the paste is manageable, and drops slowly

from the spoon; with a spoon take a little of the paste as large as an English walnut, and let it fall into frying butter (or oil) that is not too hot. When this bit of paste is well puffed out and of a fine color, serve it up warm, sprinkled with sugar. Puffed fritters are good cold. If you prefer they should be flavored with orangeflower, replace the lemon or orange-zest with a spoonful of orangeflower water; but put it in along with the first egg. (Fr.)

CREAM FRITTERS.—Make a thick porridge with a quart of milk (or terralac); and four heaping spoonfuls of flour; add a quarter-pound of sugar, a little salt, a spoonful of orangeflower water, or a little of vanilla, or of orange-zest, or lemon-zest; let it half cool, and add four yolks of eggs; pour upon dishes in such a way as to form layers of porridge as thick as your finger; let them completely cool. When the porridge is fully set, cut it into pieces as large as fritters, round, square or lozenge-shaped; dip into eggs beaten as for an omelet and sweetened; then, into finely crumbled bread-crumbs; fry in quite hot butter (or oil). (Fr.)

BOSTON CREAM CAKES.—Stir half a pound of butter (or a cupful of oil) into a pint of warm water; bring it slowly to a boil, over a fire, stirring often; when it boils, add three quarters of a pound of flour, stirring all the time; take it from the fire, turn it into a deep dish, and let it cool. Whip into the cool paste eight yolks of eggs beaten light, and then the eight whites also beaten light. Drop the paste in great spoonfuls, upon buttered (or oiled) paper, taking care not to let them touch or run into each other, and bake ten minutes.

CREAM FOR FILLING.—Wet four tablespoonfuls of cornstarch with enough milk (or terralac) to work it into a smooth paste. Boil the rest of a quart of milk (or terralac). Beat two eggs, and add to them the cornstarch and two cupfuls of sugar; and, as soon as the milk boils, pour the mixture into it gradually, stirring all the time, until it is smooth and thick. Add a teaspoonful of butter (or two of palatable oil), and when it is mixed in, set the custard aside to cool. Then add vanilla or lemon flavoring; with a sharp knife split the puffs around, and fill them with the custard. (Harland.)

PASTRY

The stove-oven should be quite hot before the pastry is put in, and the pastry should be put in the hottest part, or removed from it, according as the color is changing too slowly or too fast; and if the color changes too fast even in the cooler part, a sheet of paper should be placed above the pastry. Stove ovens are more convenient for pastry; though the Dutch oven is far from impossible; but this should be well heated beforehand, and the fire above should be well kept up, while the fire below should be very gentle, hardly more than hot ashes. A baker's oven, if near you, is far too hot at first, and pies should not be put in until more than an hour later, and some cakes not until two or three hours later, and merangs and macaroons still later. Do not trust to the baker's oversight of things so much out of his line. The materials used for pastry (butter, eggs, flour) should all be of the best quality; pastry is hard to make in a place either very cold or very warm. The implements needed are few: the rolling-pin of hardwood about as thick as your arm, at most thirteen inches long (there are now glass rolling-pins); some large and small moulds, a few pie-plates, some paste-cutters. To prevent the pastry from sticking to the hands, table or rolling-pin, sprinkle them with a little flour. To prevent it from sticking to the mould or pie-plate, coat them with a little butter or oil. Some words need explanation: gilding is coating the pastry, by means of a camel's hair brush, or a feather, with egg-yolk diluted by a little water, or, for slight coloring, as in macaroons, with water alone; frosting, or glazing, is covering with a thin layer of sugar, by sprinkling with powdered sugar mixed with one-fourth of arrowroot, taking the pastry for the purpose from the oven when almost cooked, and returning it to the oven for a few minutes. There are three principal kinds of paste: Sand-paste, short paste and puff-paste. (Fr.)

SAND-PASTE (so-called because it breaks in the mouth into little particles like sand) is made by mixing together a pound of flour, half a pound of butter, two eggs and a teaspoonful of salt; and forming a lump and rolling it out. (Fr.)

SHORT-PASTE is, in making, broken into pieces and united again, or rolled out, folded over and rolled out again. The quantity of butter, eggs (sometimes there are no eggs at all)

and water varies according to the degree of delicacy desired, but most commonly you take a pound of flour, half a pound of butter, one egg, a cupful of water, two teaspoonfuls of salt. They are all mixed together, the paste is kneaded, and rolled out. (Fr.)

FRENCH PUFF PASTE.—Make a hole in the middle of a pound of the best flour; put into it some butter as large as a green walnut, two teaspoonfuls of fine salt, the white of an egg (reserving the yolk and two teaspoonfuls of water for gilding the pieces of puff paste that you make); little by little mix in the flour, and make a paste; collect it into a lump, cover it with a cloth, and let it rest twenty minutes. The paste should be rather soft. Then slightly flour a table, and roll out the paste to twice the thickness of a quarter-dollar. Flatten out in a single piece in a wet cloth three-quarters of a pound of the best butter broad enough to cover one-half of the sheet of paste; place the butter so flattened out upon the paste; fold the paste over upon itself, so as fully to cover the butter; roll out the paste again; fold it in four; that is called one turn, and let it rest a quarter of an hour. Repeat this operation six times in summer, and seven times in winter; leaving an interval of a quarter of an hour between each two turns. Each time sprinkle the table with a little flour, to prevent sticking. Five minutes after the six or seven turns, you can use the puff paste. If you desire paste that rises less, and forms fewer layers, you need only roll it out fewer times, and leave shorter intervals between them. The butter should not be too firm, nor too soft, but should be of about the same consistency as the paste. In warm weather, then, cool the butter in cold water; and use cold water for the paste and do the work in a cool place; in very cold weather, use water a little warm, and work in a place that is not too cold. The oven, too, should be all ready to receive the paste when it is ready; for, if the paste had to wait, it would not play its part rightly in the cooking. (Fr.)

AMERICAN PUFF PASTE.—For every pound of the best fresh butter, well washed in two cold waters, and freed from salt and milk, and cooled with ice, allow a pound, or a quart, of superfine flour. Divide the butter into four quarters. Use the first quarter as described under plain paste (see the next receipt, below); divide the other three quarters into six pieces,

or into nine. Proceed successively with each piece essentially as there described, but lift the dough from the pan and lay it on the board with a knife, and after rolling it out into a thin sheet distribute one of the six or nine pieces of butter, divided into small bits, all over it at equal distances, fold up the sheet, roll out thin again, always rolling from you, and repeat the process till the butter is all used. Then fold the sheet once more; leave it on a plate in a cool place until ready to use it; then, divide it into as many pieces as you wish sheets of paste; roll out each one, and put it into a buttered plate or patty-pan. Bake in a moderate oven; but rather quick than slow; and without admitting air. Eat the same day. (Leslie.)

PLAIN PASTE.—All paste should be made in a very cool place, as heat makes it heavy. It is far more difficult to get it light in summer than in winter. A marble slab is much better to roll it on than a paste-board. For pastry or cakes it is well to wash the butter in very cold water, and squeeze and press out all the salt, as salt is injurious to paste. None but the very best butter should be taken for pastry or cakes, as any unpleasant taste is always increased by baking. The flour for paste should always be superfine. The paste may be baked in deep dishes or in soup plates. For shells to be baked empty and afterwards filled with stewed fruit or sweetmeats, deep plates of block-tin with very broad edges are best. If you use patty-pans, the flatter they are the better. Paste always rises higher and is more perfectly light and flaky, when unconfined at the sides while baking. To take it out easily, the dishes or tins should be well buttered. To make a nice plain paste: Sift three pints of superfine flour, by rubbing it through a sieve into a deep pan. Cut up a quarter of a pound of fresh butter into the flour, and rub it fine with your hands. Mix in gradually as much cold water as will make a rather stiff dough, and then knead it slightly. Use as little water as possible, or the paste will be tough. Sprinkle a little flour on your paste-board, lay the lump of dough upon it, and knead it a very short time. Flour it, and roll it out into a very thin sheet, always rolling from you. Flour the rolling-pin to prevent its sticking. Take a second quarter-pound of butter, and with your thumb spread it all over the sheet of paste. If your hand is warm, use a knife instead of your thumb; for,

if the butter oils, the paste will be heavy. When you have put on the layer of butter, sprinkle it with a very little flour, and with your hands roll up the paste as you would a sheet of paper. Then flatten it with the rolling-pin, and roll it out a second time into a thin sheet. Cover it, as before, with a layer of a third quarter-pound of butter, and again roll it up into a scroll. Flatten it again, put on a layer of a fourth quarter-pound of butter, flour it slightly, and again roll up the sheet. Then cut the scroll into as many pieces as you want sheets for your dishes or patty-pans. Roll out each piece almost an inch thick. Flour the dishes, lay the paste lightly on them, notch the edges, and bake to a light brown. The oven must be moderate. If it is too hot, the paste will bake before it has sufficiently risen. If too cold, it will scarcely rise at all, and will be white and clammy. It must be baked in a close oven, where no air can reach it. All pastry is best when fresh. After the first day, it loses much of its lightness, and is therefore more unwholesome. *Common pie crust* for family use can be made in the same way; only, use two quarts of flour, and divide the pound of butter into two halves, applying each half in the way just described for the first two quarter-pounds, rolling out into a sheet and rolling up into a scroll, or simply folding up and rolling out. (Leslie.)

PASTE WITHOUT BUTTER.—One pound of dry flour; one teaspoonful of baking-powder; and two tablespoonfuls of fine salad oil. Mix the baking-powder well with the flour, adding the salad oil, and enough cold water to form a paste. Roll it out, and spread a little oil over; dredge with flour, and fold it in three; then roll it, adding oil and flour as before, and when it has been rolled again, it will be ready for use. ("Vegetarian Cookery.")

PIES.—Pies may be made with any sort of paste. It is a fault to roll it out too thin; for, if it has not substance enough, it will, when baked, be dry and tasteless. For a pie, divide the paste into two sheets; spread one of them over the bottom and sides of a deep, well-buttered dish. Next, put in the fruit or other ingredients (heaping it higher in the centre), and then place the other sheet of paste on the top, as a lid or cover; pressing the edges closely down, and afterwards crimping, or notching, them with a sharp small knife. In

making pies of juicy fruit, it is well to put on the centre of the under crust a common teacup, laying the fruit around it and over it. The juice will collect under the cup, and so not be likely to run out from beneath the edges of the paste. There should be plenty of sugar strewn among the fruit, as you put it into the pie. Preserves should never be put into covered pies. The proper way is to lay them in already baked shells of paste. All pies are best the day they are baked. If kept twenty-four hours, the paste falls, and becomes comparatively hard, heavy and unwholesome. If the fruit is not ripe it should be stewed with sugar, and then allowed to get cold, before it is put in the pie. With fruit pies, always have sugar on the table, lest they be not found sweet enough. (Leslie.)

PIE PASTE.—For ten or twelve persons, take half a pound, or a pint, of flour, a quarter-pound of butter, an egg, a quarter-cupful of water, half a teaspoonful of fine salt. Make a hole in the middle of the flour, put into it the egg, the butter, the salt and the water; moisten and mix the whole well together; collect it into a lump; roll it out to the thickness of a quarter-dollar; with this paste line the bottom and sides of a pie plate, slightly buttered or floured, to prevent sticking. A pie plate twelve inches in diameter is enough for ten or twelve persons. It is well to have the plates as thin as possible, so that the bottom and sides of the pie may cook properly. Cut off any part of the paste that overruns the edge of the plate; and line the interior with fruit. But it is best to cook the paste before lining it with fruit; lest the paste become heavy and less crisp. The paste may be pricked here and there to prevent its rising from the bottom, in the unfilled baking. (Fr.)

PASTE FOR PUMPKIN AND CUSTARD PIES.—Take four ounces of butter to a quart of flour, rub them well together, but do it quickly, wet it with cold water, and incorporate it into one mass. The paste for pumpkin and custard pies needs to be firm, not flaky, to hold the contents of the pies. (Haskell.)

FRANGIPANE.—Put two spoonfuls of flour into a sauce-pan; moisten with two or three eggs; add, little by little, a pint of milk (or terralac); when the whole is well wet, put it over the fire, and let it cook a quarter of an hour, stirring all the time, to prevent its sticking to the sauce-pan; add two ounces

of sugar, a little burnt orangeflower (p. 364), and some crushed macaroons. The frangipane is used for pies and tarts. (Fr.)

ALMOND FRANGIPANE.—Add to the frangipane just described, when it is cold, three ounces of almonds and half an ounce of bitter almonds that have both been reduced to paste in a mortar. During the pounding in the mortar the almonds should be moistened now and then with some drops of orangeflower water to prevent their turning to oil. This frangipane is likewise used for pies and tarts. (Fr.)

FRANGIPANE PIE.—Make and arrange some pie-paste in the way already described (p. 319). Fill it with frangipane (just described). Bake half an hour. (Fr.)

RYE.

Rye is darker than wheat, and, as its gluten is less tenacious and elastic than wheat gluten, its bread is not only less white, but less light. Rye flour, however, is often mixed with wheat flour, to make bread; and also often mixed equally with Indian corn, or maize, flour or meal, for making brown bread; and sometimes all three, wheat, rye and maize, are mixed.

RYE BREAD.—Make rye bread like wheat, but take care it does not sour; it sours more readily than wheat bread or Indian. (Haskell.) Take a quart of warm water, a teaspoonful of salt, half a cup of molasses, and a cup of home brewed yeast, or half as much of distillery yeast. Add flour till you can knead it, and do it very thoroughly. (Beecher.)

RYE (OR WHEAT) DROP CAKES.—One pint of milk (or terralac), or water, one pinch of salt, two tablespoonfuls of sugar, three well beaten eggs; stir in rye, or fine, or unbolted wheat flour, to a thick batter, bake in cups or patties half an hour. (Beecher.)

MAIZE, OR INDIAN CORN.

Maize, or Indian corn, unlike wheat and rye, contains no tenacious, gluten-forming protein, and therefore cannot by itself make a light loaf raised with yeast. It contains a little less protein than wheat, but is, nevertheless, a nourishing food, nearly as well balanced in composition, for human food, as either wheat, rye, or barley, and better in that respect (that is, richer in protein) than rice, or buckwheat; it is sometimes mixed with wheat or rye flour, or both, to make bread. Maize is not only used as meal or flour but as hominy (whole kernels), samp or hominy grits (crushed kernels), and hulled corn or lye-hominy (the kernels with the skin removed after steeping in a weak solution of lye).

HOMINY.—The large hominy, so common in our Southern States, is often served up as a vegetable, either boiled or fried. Fine hominy (hominy grits, or samp), more common at the north, and likewise often used as a vegetable, should be thoroughly washed, and cooked in boiling water, one gill of hominy to a pint of water, with a teaspoonful of salt added. The boiled hominy, when cold, may be cut in slices and fried. The slices will brown more readily, if first rolled in flour. (Parloa.)

HOMINY PORRIDGE.—One pound of hominy; three pints of milk (or terralac); and a quarter of an ounce of salt. Steep the hominy in water twelve hours; then pour off the water not absorbed; add the milk (or terralac) and salt, and set the whole in a slow oven two hours, till all the milk (or terralac) is absorbed; pour it into saucers, and serve up with molasses and milk. ("Vegetarian Cookery.")

HOMINY FRITTERS.—Half a pound of cooked hominy; add one tablespoonful of flour. Mix the flour with the hominy; season with pepper and salt; fry it with butter (or oil) in fritters; and serve them up with brown or mustard sauce. Hominy when cold, may be cut in slices, seasoned and fried as above described, served up in the same way, and garnished with crisped parsley. To prepare the hominy, first wash it thoroughly, and let it stay in the water ten or twelve hours; pour the water away, and boil it quickly about three hours in fresh water, allowing about five pints to a pound of hominy; stir occasionally, and remove any light particles that may rise to the surface. If put into the oven in a covered earthen stew-

pot it may be cooked equally well, and when cold may be used in various ways as required. ("Vegetarian Cookery.")

PARCHED AND POPPED CORN.—Corn has been parched to improve its keeping quality, by killing any bacteria present, and by complete dryness discouraging the growth of moulds and other forms of vegetable life. If maize, especially certain varieties, be exposed (say, in a long handled wire-gauze box) to a great heat, over a good bed of coals, the outer skin is burst open like a small bomb shell, by the expansion into steam of the moisture in the white starch cells within. (Woods and Snyder.) Such popped corn is eaten, either alone, or sprinkled with salt, or put into milk (or terralac) which supplies not only the otherwise somewhat lacking protein, but the still more deficient fat. Popped corn is also made into cakes by sticking the kernels together with a very slight admixture of molasses, a less needed addition of carbohydrates, which would be further improved by adding a little butter, or perhaps still better, peanut butter, rich in protein as well as fat.

CORN-MEAL GRUEL.—Put three large tablespoonfuls of maize-meal (or oatmeal) into a large bowl, and add a quart of water, a little at a time, mixing and bruising the meal with the back of a spoon. As you proceed, pour off the liquid into another bowl, every time, before adding fresh water to the meal, till you have used it all up. Then boil the mixture twenty minutes, stirring all the while; add a little salt. Then strain the gruel, and sweeten it. A piece of butter may be stirred into it; and, if thought proper, a little wine and nutmeg. It should be eaten warm. (Leslie.) See also Rice-flour Gruel (p. 331).

WATER GRUEL.—Scald half a cupful of freshly ground corn meal, and a tablespoonful of flour made into a paste, boil twenty minutes or more, and add salt, sugar and nutmeg. Oatmeal gruel made in the same way is excellent. (Beecher.)

HASTY PUDDING OR MUSH.—Stir, a handful at a time, into a pot of boiling water, over the fire, enough Indian meal, preferably of yellow corn, not ground too fine, to make a batter just thick enough to hop and sputter while boiling hard. Between the handfuls stir very hard, with a round stick flattened at one end, so that there may be no lumps. Add a little salt. Never add meal after the batter is all once in. Boil till it is

so thick that the stick will stand in it. Boil slowly, stirring often; it burns easily, and is spoiled if scorched. To be wholesome and nutritious, it needs long boiling, not in haste; three or four hours would not be too long. Eat it warm; either with milk (or terralac), or cover your plate with it, make a hole in the middle, put some butter in the hole, and fill up with molasses. "What they did not eat that night, the queen next morning fried." For that purpose, it may be cut into slices half an inch thick and fried in butter, until not only brown, but crisp; or the slices may be floured, and, fried on a griddle, or baked in an oven. (Leslie, Haskell, Beecher.)

JOHNNY CAKE OR PONE.—Make a hole in the middle of a quart of Indian meal sifted into a pan, and pour into the hole a pint of warm water. Mix the meal and water gradually into a batter; adding a teaspoonful of salt. Beat the batter very hard, and for a long time, until it becomes quite light. Then spread it thick and even on a stout piece of smooth board. Place it upright on the hearth before a clear fire, with, say, a flat-iron to support the board behind; and bake it well. Cut it into squares, and split and butter them hot. (Leslie.) The baking may be done on a hot, greased griddle, and this form is called *hoe cake*.

INDIAN BREAD.—Beat two eggs very light, and mix them with one pint of sour milk; add a teaspoonful of soda or saleratus (or terralac and cream of tartar instead of the sour milk) and stir in one pint of Indian meal, and one tablespoonful of melted butter; beat a long time, and bake in common bake-pans in a quick oven. Eat it hot or cold. (Haskell.)

WHEAT AND INDIAN BREAD.—Always scald cornmeal. Melt two tablespoonfuls of butter in one quart of hot water; add a teaspoonful of salt and a cupful of sugar. Thicken with cornmeal and one third as much fine flour, or unbolted flour, or middlings. Two well beaten eggs improve it. Make it as stiff as can be easily stirred with a spoon; or knead it like wheat bread. If raising with yeast, put in a cupful of home-brewed yeast, or half as much of distillery yeast. If raising with powders, mix two teaspoonfuls of cream of tartar thoroughly with the meal, and one teaspoonful of soda in the water. (Beecher.) Put the dough into a large pan; when the dough shows signs of cracking, bake it in a stove-oven two hours,

covering the top with paper; and when it is done, close the damper, and let the bread stay in the oven until morning. (Haskell.)

RYE AND INDIAN BREAD.—Sift three pints of rye flour with four quarts of Indian meal, add a little salt, stir in boiling water until the spoon will stand upright, let it cool, add a small cupful of home-made hop yeast quite fresh; let it rise in the pan in which it is to be baked, until it shows signs of cracking; then bake it in the way just directed for wheat and Indian bread. (Haskell.)

RYE AND INDIAN MILK BREAD.—Sift two quarts of rye and two quarts of Indian meal, and mix them well together. Boil three pints of milk (or terralac); pour it boiling hot on the meal; add two teaspoonfuls of salt, and stir the whole very hard. Let it stand till merely lukewarm, and then stir in half a pint of good fresh yeast, or less, if fresh from the brewery. Knead the mixture into a stiff dough, and set it to rise in a pan, covering it with a thick cloth, near the fire. When it is quite light, and has cracked all over the top, make it into two loaves, and bake them two hours and a half in a moderate oven. (Leslie.)

BOSTON OR EASTERN BROWN (RYE AND INDIAN) BREAD.—One quart of rye, and one quart of cornmeal, one cup of molasses, half a cup of distillery yeast or twice as much home-brewed; one teaspoonful of soda and one teaspoonful of salt. Wet with hot water, till it is as stiff as can be stirred with a spoon. Put into a large brown pan, and bake four or five hours. It is good toasted, and improved by adding boiled squash. (Beecher.)

WHEAT, RYE AND INDIAN BREAD.—To one quart of warm water add one teaspoonful of salt, half a cupful of distillery yeast, or twice as much home-brewed, and half a cupful of molasses; and thicken with equal parts of wheat and rye flour and cornmeal. (Beecher.)

INDIAN MUSH CAKES.—Into three pints of cold water (or, better, milk or terralac) in a pan stir gradually a quart of sifted Indian meal mixed with half a pint of wheat flour and a small teaspoonful of salt. Stir hard at the last. Bake immediately in cakes as large as a saucer on a hot griddle. Eat them with butter, or molasses. (Leslie.)

INDIAN FLAPPERS.—Beat four eggs very light, and stir them by degrees into a quart of milk, in turn with a pint of sifted Indian meal mixed with a handful of wheat flour, and a small teaspoonful of salt. Bake at once on a hot griddle, allowing a large ladleful of batter to each cake of uniform size. Send the cakes to the table hot, buttered and cut in half. (Leslie.)

INDIAN BATTER CAKES.—Mix together a quart of Indian meal (the yellow meal is the best for all purposes) and a handful of wheat flour. Warm a quart of milk (or terralac), and stir into it a small teaspoonful of salt, and two large tablespoonfuls of the best fresh yeast. Beat three eggs very light, and stir them gradually into the milk, in turn with the meal. Cover it, and set it to rise for three or four hours. When it is quite light, bake it in cakes on a griddle. Butter them, cut them across, and send them to the table hot, with molasses in a sauce-boat. Should the batter chance to sour before baking, stir into it about a saltspoonful of pearlash dissolved in a little lukewarm water; and let it stand half an hour longer before baking. (Leslie.)

INDIAN MUFFINS.—Sift and mix together a pint and a half of yellow Indian meal and a handful of wheat flour. Melt a quarter of a pound of fresh butter (or a cupful of oil) in a quart of milk (or terralac). Beat four eggs very light, and stir into them alternately (a little at a time of each) the milk, when it is quite cold, and the meal; adding a small teaspoonful of salt. The whole must be beaten long and hard. Then butter (or oil) some muffin rings; set them on a hot griddle, and pour some of the batter into each. Send the muffins to the table hot, and split them by pulling them open with your fingers, as a knife will make them heavy. Eat them with butter, oil, molasses or honey. (Leslie.)

INDIAN PUDDING WITHOUT EGGS.—Boil some cinnamon in a quart of milk (or terralac), and then strain it. While the milk is hot, stir into it a pint of molasses, and then add by degrees a quart, or more, of Indian meal, so as to make a thick batter. It will be much improved by the grated peel and juice of a large lemon or orange. Tie it very securely in a thick cloth, leaving room (about one-third) for it to swell, and pasting up the tying place with a lump of flour and water. Put it into a pot of boiling water (having ready a kettle of

boiling water to fill it up as it boils away). Set it over a good fire, and keep it boiling hard for four or five hours. Eat it warm with molasses and butter. A very economical and not unpalatable pudding. (Leslie.) Or: Three pints of milk (or terralac), ten heaping tablespoonfuls of Indian meal, three gills of molasses, butter as large as an egg (or four spoonfuls of oil). Scald the meal with the milk, stir in the butter and molasses, and bake four or five hours. This can be boiled. (Beecher.)

BOILED INDIAN PUDDING.—Mix a quarter-pound of butter (or $\frac{1}{2}$ cupful of oil) with a pint of sifted Indian meal. Boil a quart of milk (or terralac), with some pieces of broken cinnamon; strain it, and, while it is hot, stir in gradually the meal and butter; add half a pint of molasses. Cover the mixture and set it away for an hour; then put it to cool. Beat six eggs, and stir them gradually into the mixture, when it is cold; add a grated nutmeg and the grated peel of a lemon. Tie the pudding in a cloth that has been dipped in hot water and floured; and leave plenty of room (say, one-third) for it to swell. Secure it well at the tying place, lest the water should get in, which would infallibly spoil the pudding. Put it into a pot of boiling water (to be refilled as it boils away), and boil it four hours at least; but five or six would be better. Do not take it out of the pot, till immediately before it is wanted. Eat it with wine sauce, or with molasses and butter (or oil). (Leslie.)

BAKED INDIAN PUDDING.—Cut up a quarter-pound of butter (or use a cupful of oil) in a pint of molasses, and warm them together, till the butter is melted. Boil a quart of milk (or terralac), and, while it is scalding hot, pour it slowly over a pint of sifted Indian meal, and stir in the molasses and butter. Cover it, and let it steep for an hour. Then take off the cover, and set the mixture to cool. When it is cold, beat six eggs, and stir them gradually into it; add a tablespoonful of mixed cinnamon and nutmeg; and the grated peel of a lemon, stir the whole very hard; put it into a buttered (or oiled) dish, and bake it two hours. Serve it up hot, and eat it with wine sauce, or with butter (or oil) and molasses. (Leslie.)

CORN STARCH BOILED CUSTARD.—Mix two tablespoonfuls and a half of corn starch with a little milk (or terralac), add-

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ing some flavoring, nutmeg, cinnamon, or according to taste; and beat up two eggs; stir both the starch and the eggs into the rest of a quart of milk (or terralac), heated nearly to boiling, and add a little butter (or oil) and salt; boil two or three minutes, stirring briskly. (Hygeia Food Co.)

CORN STARCH ICE CREAM.—The custard just described, omitting the butter and salt, may be frozen for ice cream. (Hygeia Food Co.)

CORN STARCH BLANC-MANGE.—Dissolve five tablespoonfuls of corn starch in a little cold milk, and add it to a quart of nearly boiling milk; stir it until it boils; boil about five minutes; sweeten and flavor to taste; pour into cups, or dishes of any form, to cool. Eat it cold, with cream or preserves. (Hygeia Food Co.)

BAKED CORN STARCH PUDDING.—Dissolve four tablespoonfuls of corn starch in a little cold milk (or terralac), and add it to the rest of a quart of nearly boiling milk (or terralac); stir it, until it boils; boil about five minutes, sweeten and flavor to taste; let it cool; stir up with it thoroughly two or three well beaten eggs, bake in a buttered dish half an hour. Eat it cold. (Hygeia Food Co.)

BOILED CORN STARCH PUDDING.—Mix four tablespoonfuls of corn starch with a little milk, and add two or three well-beaten eggs and a little salt; stir the mixture into the rest of a quart of milk heated nearly to boiling; boil four minutes, stirring briskly. Eat it warm with a sauce. (Hygeia Food Co.)

CORN STARCH PUDDING.—Mix four tablespoonfuls of corn starch with a little cold milk (or terralac), and stir it into the rest of a quart of milk (or terralac) heated to boiling; boil three minutes, stirring all the time; add a tablespoonful of butter, take from the fire, and set away until cold; then stir in four well beaten eggs with three quarters of a cup of sugar and some nutmeg, or cinnamon, or both, beating to a smooth custard. Bake half an hour in a buttered dish. Eat it cold, with powdered sugar sifted over it. (Harland.)

RICE.

Rice is nearly as rich in protein and nearly as well proportioned in its nutritious components as maize; and is when well boiled, remarkably easy to digest. The most important and altogether essential point in regard to cooking rice is far too lightly passed over in most cookery books; it is the washing of the rice at the outset. It should not be merely rinsed several times, as commonly directed, but must be carefully and strongly rubbed in water many times, until the frequently renewed water runs off clean. The rice, as bought, is covered, and on its surface darkened, with a microscopic mould, or mustiness, or closely adhering dust, that is not wholly removed by mere rinsing. The effect of the thorough rubbing or scrubbing is very visible in completely whitening the rice; and of course there must at the same time be an improvement of the flavor. This washing is well understood and universally practiced in Japan; but in America is generally not at all comprehended nor performed, and the rice on the table is for that reason visibly dark colored and naturally less satisfactory in taste.

PUFFED RICE.—It is said that puffed rice is made by heating rice under pressure at a fairly high temperature, and then suddenly diminishing the pressure. (Woods and Snyder.) Rice can be popped, like maize.

BOILED RICE.—There are two ways to boil rice, each good for its own purpose.

1.—In eating rice with “chopsticks,” as in Japan and China, it is convenient and desirable to have the rice grains sticking together in clots or clumps of adherent masses. The rice is, therefore, boiled in a comparatively small quantity of water, enough to moisten it throughout when swollen to about four times its original bulk. The water is allowed to boil away entirely, in about twenty or thirty minutes from the first boil according to the age or variety of the rice, until the rice is thoroughly soft, as tested with the fingers, but not with its kernels burst open, as they become in very prolonged boiling. None of the water is poured away, carrying with it any portion of the nutriment of the rice.

2.—But in India and western countries, boiled rice to accompany curries and to be eaten with a dessert *spoon*, is made loose, with kernels dry and not sticking together, yet

thoroughly soft. For that purpose, the rice is boiled in at least two and a half, or, according to Mrs. Rorer, twelve times its bulk of water with a little salt, say a teaspoonful to three quarts of water. The rice should be put into the water, some say, while the water is cold; or should be steeped in cold water before being put into boiling water. She recommends putting it into water already boiling apparently in order to keep it constantly in motion, so as not to stick together. The boiling should be rapid. When the rice has become soft, drain away the water, either by pouring it off from the sauce-pan or by putting the rice into a colander. Then put the rice, in the saucepan, or colander, in a warm place on the stove, or in the oven, for a few minutes, to drive off the surface moisture, but not let the rice become hard and dry.

PARLOA'S BOILED RICE.—Wash a cupful of rice in several waters, rubbing the grains between the hands to remove all the dirt. Put the washed rice into a stew-pan with two cupfuls and a half of water and a teaspoonful of salt. Cover the pan, and boil the rice for twenty minutes, with care not to let it burn. Then put the pan on a tripod, or ring, and cover the rice with a fold of cheese-cloth. Let it continue to cook in this way an hour; then turn into a hot vegetable dish. The rice will be tender, dry and sweet, and each grain will be separate. During all the cooking, the rice must not be stirred. If a tablespoonful of butter is cut up and sprinkled over the rice when it has cooked twenty minutes, the dish will be much improved. (Parloa.)

COCHIN CHINA BOILED RICE.—Paul d'Enjoy says ("Bulletin de la Société d'Anthropologie de Paris," 1908, No. 4, p. 474) that the Chinese (probably of Cochin China) cook the rice in a tightly closed metallic vessel with a small quantity of water, which a mild fire constantly watched turns to steam, what the French call smothered cooking; so that the grains of rice swell, each one detached from the others, forming a light rice, scarcely moist, of which the kernels can be separated one by one.

ENGLISH BOILED RICE.—Pick and wash in warm water a pound of the best rice; set it on the fire with two quarts of boiling water and a small teaspoonful of salt, boil it till about three parts done (fifteen minutes), and drain it in a sieve immediately. Butter a pan; put in the rice; place the lid on

tightly; set the pan on a trevet in a moderate oven, till the rice is perfectly tender; and serve it up in a vegetable dish. Prepared in this way every grain will be separate and quite white. ("Vegetarian Cookery.")

RICE WITH ONIONS.—Pick and wash the rice in warm water; drain and put it in a quart pan with three cupfuls of boiling water, two onions chopped fine, and a little salt; place it on the fire with the lid on, and in about fifteen minutes the rice will have absorbed the water; take it off the fire (as it is liable to burn, if left on after the water is absorbed), and place it near the fire ten minutes longer. ("Vegetarian Cookery.")

RICE PUFF.—For ten or twelve persons: Wash well a quarter-pound of rice; put it into a sauce-pan with a quart of milk (or terralac); put in also the quarter of a lemon-zest, or half a vanilla pod, as you like; cook with a gentle fire, and without stirring, until the rice bursts, about an hour; at the middle of the cooking, add a little salt and half a pound of sugar; when the rice has fully burst, take it from the fire, and pass it through the strainer; flavor it with a spoonful of orangeflower water, if you have put in neither lemon-zest, nor vanilla, nor any other flavor; add six egg-yolks, then the whites beaten to a very stiff froth; mix the whole well, and pour it into a deep dish slightly buttered. The dish should be only three quarters full. The mixing with the eggs should be quickly done, lest the whites fall. Put it into the not too hot oven for 18 or 20 minutes. When it is well risen and of a fine color, sprinkle with sugar, and serve up at once, for the puffs very quickly fall back. (Fr.)

RICE FLOUR (OR CORN MEAL) GRUEL.—In a teacup of cold water, stir a moderate tablespoonful of rice flour (or a large tablespoonful of corn meal) stir the mixture into a quart of cold water in a stew-pan; add a little salt; and boil gently fifteen minutes, stirring constantly for five; it can be enriched with a spoonful of sweet cream, sweetened or spiced to suit. For a convalescent, boil raisins in the gruel; add sugar, nutmeg, and a little butter (or oil), break into the gruel a nice fresh cracker, or toasted bread. (Haskell.)

RICE MILK.—A quarter of a pound of rice, and three pints of milk (or terralac). Wash and pick the rice, and soak it

one hour in cold water; then pour off the water, and set the rice on the fire with the milk (or terralac), and a little cinnamon, stirring it frequently; when enough boiled, mix a desertspoonful of flour with a little water, and stir it well in, adding sugar and salt. ("Vegetarian Cookery.")

RICE SOUP.—For six: After washing five spoonfuls of rice well in warm water put it into three pints of water, and add some salt; let it cook gently an hour; at the moment of serving up, add a piece of butter as large as an egg, (or four spoonfuls of oil), and thicken with the yolks of two eggs, or with the yolk of one egg, and one or two spoonfuls of cream. Thicken the soup in the following manner: When the rice has burst open, set a few spoonfuls of the soup aside to cool. When it is cold, mix it well with the yolks of two eggs, or with the yolk of one egg and the cream. Take the soup from the fire, and add the thickening little by little, stirring well with a spoon. (To separate the yolk from the white: break the egg carefully so as not to break the yolk, and separate the white by passing the yolk from one-half of the shell to the other repeatedly, until the separation is complete.) (Fr.)

RICE SOUP WITH MILK OR TERRALAC.—For six: Five teaspoonfuls of rice, three pints of milk (or terralac). Wash the rice in warm water; put it with the milk over a gentle fire; season with a pinch of salt. Let the rice burst "without stirring." It needs an hour and a half. Some cooks put sugar into this soup before serving it up; but it is better not to do so, and to offer the guests some powdered sugar, so that each one can sweeten according to his own fancy. (Fr.)

RICE PUDDING WITHOUT EGGS.—Stir half a pint of well washed and drained rice into a quart of rich milk (or terralac), or of cream and milk mixed (or terralac and palatable oil), adding a quarter of a pound of sugar and a tablespoonful of powdered cinnamon. Put it into a deep pan, and bake it two hours or more. When done, the rice will be perfectly soft, which you may ascertain by taking out a trial teaspoonful at the edge of the pudding. Eat it cold. (Leslie.)

BOILED RICE PUDDING WITHOUT MILK OR EGGS.—Six ounces of rice; and two ounces of dried currants. Wash and pick the rice, put it into a sauce-pan with three cupfuls of cold water; adding a little salt; let it boil gently, till all the water

is absorbed; then add the currants, or Sultana raisins, carefully washed and picked. Butter a pint basin, put in the rice, cover with a cloth, and let it boil one hour. ("Vegetarian Cookery.")

BOILED RICE PUDDING.—Mix a quarter-pound of ground rice with a pint of milk (or terralac), and simmer it over hot coals; stirring all the time to prevent lumps or burning at the bottom. When it is thick and smooth, take it off, and pour it into an earthen pan. Stir into it a mixture of a quarter-pound of sugar and a quarter-pound of butter with half a pint of cream, or very rich milk (or terralac); add a powdered nutmeg, and the grated rind of two lemons, or half a teaspoonful of strong oil of lemon. Beat the yolks of six eggs with the whites of two only. When the eggs are quite light, mix them gradually with the other ingredients, and stir the whole very hard. Put it into a large buttered bowl or pudding mould; and tie a cloth tightly over the top, so that no water can get in; and boil two hours. Turn it into a dish and serve it up warm. Eat it with sweetened cream, flavored with a glass of brandy, or white wine, and a grated nutmeg. (Leslie.)

BAKED RICE PUDDING.—Pick over and thoroughly wash a pint of rice, and boil it soft. Drain off the water, and let the rice dry and get cold. Then mix with it two ounces of butter (or four spoonfuls of oil) and four ounces of sugar, and stir it into a quart of rich milk (or terralac). Beat four eggs very light, and add them gradually to the mixture. Stir in, at the last, a tablespoonful of mixed nutmeg and cinnamon. Bake it an hour in a deep dish. (Leslie.)

FRENCH PLAIN RICE PUDDING.—Thoroughly wash half a pound of rice; put it into a sauce-pan with a quart of milk (or terralac); add a quarter of the yellow rind of a lemon, or a vanilla capsule, according to taste; cook, with a gentle fire, without stirring, until the rice bursts, it will take fully an hour; when the cooking is half done, add a little salt, a quarter-pound of sugar and some butter as large as an English walnut (or a spoonful of oil). When the rice is fully burst, and quite thick, take it from the fire; remove the lemon-zest, or the bit of vanilla; let the rice cool a little. When it is half cold, add to it a tablespoonful of orangeflower water, if you have not put in lemon zest, or vanilla, or any other flavoring;

overturn into a dish; sprinkle with powdered sugar, and put for twenty minutes into the oven, or into a Dutch oven; take out, of a fine color, sprinkle with sugar, and serve up. (Fr.)

FRENCH RICE PUDDING.—For ten or twelve persons: Take half a pound of rice and a little more than a quart of milk (or terralac); and cook the rice to bursting in the way just described for a plain pudding. When the rice is half cold, add two egg-yolks and one white beaten to froth, and mix the whole together. Coat a mould with butter; sprinkle upon it powdered sugar and powdered rusk; pour upon it the rice prepared as just described; cook three quarters of an hour in the oven, or in a Dutch oven; let the rice rest a little while in the mould, and then overturn it upon a dish. Instead of coating the mould with butter and sprinkling the powdered rusk, you can melt in the mould two spoonfuls of sugar, until the sugar becomes of a fine pale caramel color; turn the mould in every direction, until it is well coated with caramel; let it cool a moment, and pour the rice in. This way of coating the mould is better than the other; it gives a very delicate flavor to the pudding. At the moment of putting the eggs into the pudding some raisins and preserved fruits may be added. Also, a little rum can be put in; and then there is no need to put in any other flavoring, vanilla or orangeflower water. If Malaga raisins are used, they should be stoned. The preserved fruits—cedrat, citron, angelica—should be cut in small pieces. If you wish to make an altogether distinguished pudding of the rice, serve it up surrounded with such a cream as is used for the sauce of snowball custard (p. 101). Left-over rice pudding is very good cold. Cut it in pieces; arrange them symmetrically around the dish, and pour into the middle such a cream as is used for the sauce of snowball custard, and flavored with any flavoring you please, orangeflower water, vanilla, lemon, or even a little rum, or a little kirsch; the left-over pudding can be eaten with rum: cut it in pieces; place them on a dish; powder them with sugar; sprinkle them with rum; warm them a little, and serve them up flaming. Croquettes, too, can be made of the left-over rice. (Fr.)

MOULDED RICE.—Eight ounces of rice; one saltspoonful of salt; and three pints and a quarter of water. Wash the rice; pour the water upon it; and boil it slowly in a brown basin, covered, in the oven, till it becomes tender, and the water is

absorbed; dip a mould in cold water; pour in the rice, and cover with a plate; turn it out, either warm or cold, and serve it up with preserved or stewed fruit. ("Vegetarian Cookery.")

MOULDED GROUND RICE.—Six ounces of ground rice; two ounces of sugar; six drops of lemon-flavor, or three drops of almond-flavor; and one quart of water. Steep the rice in a little of the water, while the rest of the water is boiling; then add it to the boiling water with the sugar; boil twenty minutes, stirring it all the time; add the flavor; dip the mould into cold water, pour in the rice, and let it stand till cold; serve it up with stewed or preserved fruit. ("Vegetarian Cookery.")

RICE CRQUETTES.—Cook and prepare some rice in the way just described for French rice pudding; but instead of putting it into a mould, make it into little balls not larger than an egg; flour them; next dip them into one or two eggs (whites and yolks) beaten as if for an omelet, and then into finely crumbled bread; fry in very hot butter; drain them, and serve them up in pyramid form. (Fr.)

RICE PLUM PUDDING.—In a pint of milk (or terralac) boil three gills (a cup and a half) of well washed whole rice. When it is soft, mix into it a quarter-pound of butter (or a cupful of oil), and set it aside to cool; and, when it is quite cold, stir it into another pint of milk (or terralac). Prepare a pound and a half of raisins or dried currants; if currants, wash and dry them; if raisins, seed them and cut them in half. Dredge them well with flour, to prevent their sinking; and prepare also a powdered nutmeg, a tablespoonful of mixed mace and cinnamon powdered, a wine glass of rosewater, and a wine glass of brandy, or white wine. Beat six eggs very light, and stir them into the mixture, alternately with a quarter-pound of sugar. Then add by degrees the spice and the liquor, and lastly stir in, a few at a time, the raisins or dried currants. Put the pudding into a buttered dish, and bake it an hour and a half. Send it to the table cool. This pudding may be made of ground rice using half a pint instead of three gills. (Leslie.)

RISOTTO.—Risotto, the Italian dish, is differently made in different parts of Italy, and with some variation at any one place; but it seems to be essentially a combination of rice and cheese with other food. The cheese is a very appropriate

addition to rice, making up not only for the rather insufficient protein of the rice, but especially for the yet more deficient fat, while the abundant carbohydrate of the rice counterbalances the almost total lack of it in the cheese. As described by a certain Genoese, his dish of risotto is made of several layers of boiled rice alternating with as many of stewed tomatoes (with butter) and of grated Parmesan cheese. Other stewed vegetables, however, may be used with the rice and cheese, and with or without the tomatoes. The grated cheese may also be applied at the table, and is taken for the purpose from a saucer with a teaspoon. The cheese seems, among the Italians, to be preferred uncooked.

MILANESE RISOTTO.—Chop up half an onion, and brown it to a golden color in a sauce-pan with some butter; add a pound of rice and enough broth to boil until the rice bursts, and to make it somewhat thicker than a common soup; add a little saffron, taking care that it does not dry on. When the rice has burst according to your taste (the Milanese eat it half cooked), you mix with it some grated Parmesan cheese and a little butter; remove from the fire, mix well, and serve up, after it is tastefully seasoned with white pepper and a little nutmeg. (Fr.)

BAKED RICE AND CHEESE, No. 1.—Make a cheese sauce with half a pound of cheese, and put alternate layers of it and of three cupfuls of cooked rice (or one cupful of uncooked rice, first cooking it in three cupfuls of milk or terralac), into a buttered baking-dish; cover with buttered crumbs, and bake, until the crumbs are brown. The proteids are equal to those of nearly $1\frac{3}{4}$ pounds of average beef. If skimmed milk is used, the fuel value is nearly equal to that of $3\frac{1}{2}$ pounds of beef; with whole milk, yet more. Estimated cost, 28 cents. (Langworthy & Hunt.)

BAKED RICE AND CHEESE, No. 2.—Put into a buttered baking-dish alternate layers of three cupfuls of boiled rice (from one of raw rice) and of a quarter-pound of cheese, grated, or cut into small pieces; pour over them enough milk, or terralac, to come half way to the top of the rice; cover with buttered crumbs and brown. If the rice is cooked in milk, either whole or skimmed, and one cup of milk is used to pour over it, this dish has as much protein as $1\frac{1}{4}$ pounds of average beef, and a much higher fuel value. (Langworthy and Hunt.)

BUCKWHEAT.

Buckwheat is about as lacking in protein and fat as rice is, and cheese would, therefore, be an especially suitable accompaniment, and would supply the deficient protein and fat. In Japan, buckwheat is made into spaghetti, and boiled. It evidently might advantageously be cooked precisely like the Italian wheat spaghetti, and have grated cheese added to it. In Russia, buckwheat porridge is said to be much used. In America, griddle cakes are hitherto practically the only form for buckwheat.

Select flour free from grit and light colored. It is often dirty from threshing on the ground. (Haskell.)

BUCKWHEAT CAKES.—Mix a quart of buckwheat meal with a teaspoonful of salt and a handful of Indian meal. Pour a large tablespoonful of the best brewers' yeast into the centre of the meal. Then mix it gradually with cold water, till it becomes a batter. Cover it, put it in a warm place, and set it to rise; it will take about three hours. When it is quite light and covered with bubbles, it is fit to bake. Over the fire, grease a hot griddle well with a piece of butter tied in a rag. Dip out a ladleful of the batter, and bake it on the griddle, both sides. Grease the griddle anew after baking each cake. If the batter has been mixed over night, and is sour in the morning, dissolve in warm water, and stir into the batter, a piece of pearlash as large as a kernel of corn, or a little larger; let the batter stand half an hour, and then bake it. The pearlash not only removes the sour taste, but increases the lightness of the cake. (Leslie.) Or, omit the Indian meal; add a tablespoonful of molasses; if the batter sours over night, add soda. (Haskell.) Or again: add two tablespoonfuls of molasses, and two tablespoonfuls of distillery yeast; and if the batter sours, add half a teaspoonful of soda in warm water. The cakes have a handsomer brown if wet with milk, or part milk. (Beecher.)

FRENCH BUCKWHEAT CAKES are made in exactly the same way as (French) wheat griddle, or pancakes (p. 295), using buckwheat flour instead of wheat flour. If you prefer, you can use one half wheat and one half buckwheat. (Fr.)

BUCKWHEAT PORRIDGE.—Wet a quart of buckwheat flour with three pints of milk (or terralac); add at least a tea-

spoonful of salt; set it over a fire that is not too quick; cook at least half an hour from the time it begins to simmer. It must be constantly stirred, for it easily sticks to the sauce-pan. Serve up in the sauce-pan. In a hole in the middle of the porridge on your plate place a piece of butter as large as an English walnut (or a spoonful of oil); and as you eat, first dip each spoonful of the porridge into the butter. (Fr.)

FRIED BUCKWHEAT PORRIDGE.—Prepare and cook the porridge as just described; when it is well cooked, put it into soup plates, and let it cool. Cut it in slices as thick as a quarter-dollar; brown the two sides in a buttered frying pan, or on a griddle. (Fr.)

TREE-FRUITS, BERRIES AND MELONS.

Tree-fruits, berries and melons, even disregarding their water, are all poor in protein and fat, and rich in carbohydrates. To make a well balanced food, they would, therefore need to be combined with substances decidedly rich in protein and fat; such as cheese or nuts or certain buttered or oiled vegetables, particularly, shoots, mushrooms and pulse. More often, fruits make a well balanced combination with eggs; a partly balanced one with bread or wheat flour. Fruit, however, is not commonly made into a food that is itself well balanced, but is taken separately, perhaps at the same meal, as a balance to other foods rich in protein and fat; and is especially agreeable to eaters of meat and other protein-rich and, by nature or by cooking, fatty dishes, and is craved by them as tending to supply the deficiency of carbohydrates in their excessively nitrogenous and oily food. Most fruits are slightly acid, and are preferably eaten with sugar, a carbohydrate that intensifies their general character of richness in carbohydrates, and makes a smaller quantity of them effective in counterbalancing the excessive protein of other accompanying articles of food.

Fruits are eaten raw, or stewed, or are canned in more or less unchanged condition, or are made into preserves, or jellies, or are eaten in various confectionery forms. Fruit that has been cooked, or preserved, with a good deal—say, an equal weight—of sugar is safe against bacteria or yeasts that cause fermentation, and therefore does not need to be more tightly sealed up than enough to keep out mould-spores, which might attack the surface. Such sweet preserves and jellies are therefore often kept in paper-covered jars with brandied paper resting closely upon the surface of the jam, marmalade or jelly. The freshly brandied paper serves to kill any mould-spores that might happen to rest upon the surface; and the close contact of the paper prevents the later admission of other spores. Self-sealing jars, however, are still more convenient and effective. Cranberries and lemons are, like rhubarb, so acid and so poor in protein, that bacteria or yeasts seldom attack them. (Parloa.)

RAW FRUITS.

KEEPING FRUIT.—Fruit should be kept away from air, heat and light and especially free from frost and dampness; say, in the darkest possible closet, or in a dry cellar. Place the fruits, such as apples and pears, upon shelves or in shallow wooden boxes above one another, say, in a corner, well protected from rats and mice, and not letting the fruits touch each other. Examine them frequently and remove those that are beginning to spoil; for contact with them would make the others spoil. Grapes can be kept on the vines until the first frost, if they are wrapped in bags of haircloth or oiled paper. To keep them in the fruit room, clean them well from all decayed or bruised individual grapes, and hang them tail downward, and so that the bunches do not touch one another. Apples that have been frozen are soft, pasty and tasteless. If they are cooked, they regain a part of their good qualities, and can be made into dumplings, charlottes and marmalades. (Fr.)

ICES AND SHERBETS.—Ices hold one of the first places among gastronomic preparations (from the epicurean point of view). They are not more difficult than anything else, if you only know how. The indispensable apparatus is the freezer; it is preferably made of tin. The syrup, or cream, prepared according to the receipts, is put into the freezer, and made to freeze by putting the freezer into a wooden tub and packing it around with ice that is broken into small bits and mixed in layers with one-eighth its own weight of coarse salt; and then strongly shaking the freezer for eight or ten minutes, uncovering, and with a wooden paddle detaching the partly frozen liquid on the sides of the freezer, stirring the whole well; then covering it again, letting it rest five minutes; then repeating the operation, until the whole of the syrup, or cream, has become an unctuous paste; meanwhile letting the water from the melted ice of the tub run off by a hole below, and refilling with more broken ice; and finally covering the freezer with broken ice and putting a cloth over all, until it is time to serve up the ices. The work should be done in as cool and dry a place as possible; and should not be too long interrupted, lest the liquid should freeze into icicles, and the ices so become less delicate, or the liquid should freeze insufficiently from lack of ice. The ices should not be frozen too

long beforehand. Red fruit ices should not be worked too much, if you wish them to keep their color. Sherbets are kinds of ices made with alcoholic preparations, such as rum, kirsch and cordials. The frozen cream or ice may be put into a mould; and before serving up, dipped an instant into hot water; then upset on a dish, and the mould removed. Ices of two different flavors may be put side by side in a mould. (Fr.)

STEWED FRUITS.

CANNING STEWED FRUIT.—Canning is in all respects the most desirable way to preserve fruit for home use; it is the easiest, most economical and best, because the fruit is kept in a soft, juicy, easily digestible condition. Rich preserves may only be made for variety and special occasions. Canning depends on perfect sterilization, and rarely need fail. Of several methods, the three best and easiest are: Cooking the fruit in the jars in an oven; cooking the fruit in jars in boiling water; and stewing the fruit before it is put into the jars. The rubber rings must be fresh, soft and elastic. Into two pans partly full of cold water, lay some jars on their side in one and some covers in the other. Put the pans on the stove, and boil the water at least ten or fifteen minutes. Have a shallow milk pan with about two inches of boiling water on the stove. Sterilize the cups, spoons, and funnel (if you use one) by dipping them into boiling water for a few minutes. When ready to put the hot fruit into the jars, slip a broad skimmer under a jar, lift it, and drain it free of water; set the jar in the milk pan of hot water, and fill the jar to overflowing with the boiling fruit. Slip a silver-plated knife, or a spoon handle, around the inside of the jar, to pack the fruit and juice solidly. Wipe the rim of the jar; put on the cover and fasten it. Place the jar on a board, and out of any draft of cold air. Do the filling and sealing rapidly, and have the fruit boiling hot when it is put into the jars. If screw covers be used, tighten them after the glass has cooled and contracted. When the fruit is cold, wipe the jars with a wet cloth. Paste the labels on, if any; and put the jars into a cool, dark closet. In canning any proportion of sugar may be used, or none at all. Fruit for cooking purposes needs no sugar added; but fruit for a sauce should have the sugar cooked with it. Juicy fruits, like berries or cherries, need

little or no water; strawberries are better without it, except when cooked in a heavy syrup. (Parloa.)

BAKING AND CANNING FRUIT.—If canned and cooked in the oven, the fruit better keeps its shape, color and flavor than when stewed and canned; and the work is easier and quicker. Cover the bottom of the oven with a sheet of the cheap asbestos plumbers use to cover pipes; or put into the oven shallow pans holding about two inches of boiling water. Sterilize the jars and utensils. Make the syrup and prepare the fruit in the same way as for stewing. Fill the hot jars with it, and pour in enough syrup to fill the jar solidly, running the blade of a silver-plated knife, or the handle of a spoon, around the inside of the jar. Place the jars on the asbestos, or in the pan of water, in the moderately hot oven. Cook the fruit ten minutes; remove from the oven, and fill the jar with boiling syrup, wipe and seal. Place the jars on a board, out of any draft of air. If screw covers are used, tighten them after the glass has cooled. Large fruits, such as peaches, pears, quinces, crabapples, and the like, need about a pint of syrup to each quart jar of fruit. Small fruit needs a little over half a pint of syrup. For the syrup, the amount of water to a pint of sugar varies with the kind of fruit, as follows, for moderate sweetness (but the quantity may be varied according to taste): For preserved strawberries and cherries: water one gill (density of syrup, 40 degrees). For preserved peaches, plums, quinces, currants, and the like: water, half a pint (density, 32 degrees); or three gills (density, 28 degrees). For canned acid fruits: water, one pint (density, 24 degrees). For canned pears, peaches, sweet plums, and cherries, raspberries, blueberries and blackberries: water, one pint and a half (density, 17 degrees) or water two pints (density, 14 degrees). The least dense syrups may be used for filling up the jars, after they are taken from the oven. To make the syrup, put the sugar and water into a sauce-pan; stir on the stove until the sugar is dissolved; heat slowly to the boiling point; boil gently without stirring. Boil ten to thirty minutes, the richer the syrup, the longer. Rich (thick) syrups, if boiled hard, jarred or stirred, are apt to crystallize. The syrup may be made a day or two in advance. The light syrups will not keep long, unless sealed; the heavy ones keep well if merely covered well against mould. (Parloa.)

DOUBLE-BOILER COOKING AND CANNING FRUIT.—Prepare the fruit and syrup as for cooking in the oven. Fill the sterilized jars, and put the covers on loosely. In the bottom of a stove-washboiler place a wooden rack (made of two strips of wood an inch high and wide and two inches shorter than the length of the boiler, with thin strips of wood, an inch wide and one and a half inches shorter than the width of the boiler, tacked an inch apart crosswise upon the two long parallel strips). Put in enough water to rise about four inches above the rack. Place the filled jars upon the rack in the boiler, not letting them touch one another. Between and around the jars, pack clean white cotton rags, or, perhaps better cotton rope, to prevent their striking one another when the water boils. Cover the boiler, and let the fruit cook ten minutes from the time boiling begins. Draw the boiler back, and take off the cover. When the steam has passed off, take out one jar at a time, and place it in a pan of boiling water close by; fill up with boiling syrup, and seal. Put the jars on a board, where no cold air can blow on them. If screw covers are used, tighten them after the glass has cooled and contracted. (Parloa.)

STEWING AND CANNING FRUIT AND FRUIT JUICES.—The fruits must be freshly gathered, before they are completely ripe, somewhat firm and crisp, and perfectly sound. If they are too ripe, the result is less delicate, and keeps badly. (Fr.)

MARMALADES AND JAMS.—Marmalades and jams require great care in cooking, because no moisture is added to the fruit and sugar. In making jam from berries, they should be rubbed through a sieve, to remove the seeds. Large fruits for marmalades should be washed, peeled, quartered and cored. Allow one pint of sugar to each quart of fruit. Rinse the preserving kettle with cold water, so that there may be a slight coat of moisture on the sides and bottom. Put alternate layers of fruit and sugar in the kettle, beginning with fruit. Heat slowly, stirring often. While stirring, break up the fruit as much as possible. Cook about two hours, then put into small sterilized jars. (Parloa.)

STRAINED MARMALADES AND JAMS.—Strained marmalades are not cooked so long as other marmalades, and so have more of the natural flavor. They are particularly nice for the small seedy fruits to be used in puddings, cake and frozen desserts.

Free the fruit from leaves, stems and decayed portions. Peaches and plums should be peeled and stoned. Rub the fruit through a strainer. To each quart of the strained fruit add a pint of sugar. Pack in sterilized jars, and put the covers on loosely. Place the jars on the wooden rack in the wash-boiler. Pour cold water into the boiler to half-way up the sides of the jars. Heat gradually to boiling; boil thirty minutes from the time bubbling begins. As each jar is taken from the boiler put it into a pan of hot water, and fill the jar up with boiling-hot syrup ready at hand. Seal at once. (Parloa.)

PRESERVES.

PRESERVING FRUIT.—Most fruits are better canned with little sugar than preserved with much. But some fruits (more especially, strawberries, sour cherries, sour plums, and quinces) are only good when preserved with much sugar, for occasional use. Such rich preparations should be put up in small jars or tumblers. (Parloa.)

PRESERVING FRUITS IN GRAPE JUICE.—Any kind of fruit can be preserved in grape juice; but apples, pears and plums are particularly good. No sugar is needed. In an open preserving kettle, boil down six quarts of grape juice to four. Put the fruit, washed and peeled, and, if apples or pears, quartered and cored, into a preserving kettle, and cover amply with the boiled grape juice. Boil gently, until the fruit is clear and tender; then put into sterilized jars. (Parloa.)

CANNING OR BOTTLING FRUIT JUICES.—Fruit juice is excellent for drinking or cooking. Fruit juices for frozen creams and water ices should be canned with plenty of sugar. (Parloa.)

JELLIES.

A carbohydrate somewhat similar to starch, and called pectin, is the component of fruit juice that enables jelly to be made, by gelatinizing a mixture of equal quantities of the juice and sugar, when they have been heated to the boiling point for a short time. The pectin is at its best when the fruit is just ripe, or a little before; and loses its gelatinizing power if fermented, or if cooked too long. The fruit for jelly-making should, therefore, be fresh and only just ripe, or a little under-ripe; and should not be boiled too long. The best

fruits for jelly-making are (mentioning the best first): currant, crabapple, apple, quince, grape, blackberry, raspberry, peach. Juicy fruits, currants, raspberries and the like, should not be gathered after a rain, for the water absorbed would require excessive boiling. For the same reason, the washing of dusty or sandy berries should be done very quickly. Large fruits, such as apples, peaches and pears, must be boiled in water until soft. The strained liquid contains the flavoring matter and pectin. Such fruits, with added water, require more work and skill for jelly making than juicy fruits do. For eight quarts of apples allow four quarts of water, and for eight quarts of juicy peaches or plums three or three and one-half quarts of water, and in either case expect three quarts of strained juice; and if the juice be more, boil it down to three quarts. The jelly will be clearer and finer, if the fruit be skimmed gently, and not stirred, while cooking. Strain the juice through cheese-cloth, without pressure; if the cloth be double the juice will be quite clear. For very great clearness, strain through a flannel, or felt bag. The juice may be pressed from the fruit left in the strainer, and may be used in marmalade, or for second-quality jelly. To prevent jelly from crystallizing (candyng) with too much sugar, if the fruit itself contains much sugar, add less than the quantity of the juice; less (say, a quarter less than equal bulk) in a hot sunny season than in a cold, dry one, (which would need rather more than equal bulk of sugar). Hard boiling also may cause crystallizing; for particles of the syrup thrown up to the upper part of the kettle form crystals that may be stirred again into the syrup, and cause it later to crystallize. The syrup gauge should mark 25 degrees with any kind of fruit. To make very transparent jelly, strain the strained juice through the flannel bag. Instead of heating the jelly after adding the sugar, it may be put at once into the warm sterilized glasses; and jelly of this cold process is more delicate, but does not keep so well. (Parloa.)

Jellies should be put into sterilized glasses, that are taken from boiling water and are set in a depth of about two inches of boiling water in a baking-pan. The glasses full of jelly should then be set on a board. Place the board near a sunny window in a room where there is no dust. It is well to cover the glasses with a sheet of glass. As soon as the jelly is set, first brush over the top of the jelly with brandy or alcohol

(to kill any mould-spores there), place upon the jelly a disk of paper that has been dipped in the spirit, and then put on the cover, if there be one to the glass; if there be no cover, put over the top of the glass a half-inch wider disk of paper wet with the white of an egg beaten together with a table-spoonful of cold water, pressing the edges down well, so as to stick to the glass; or use yet a little larger covering-papers dipped in olive-oil, and tie them tightly to the glass. Instead of the brandied paper, or in addition, paraffine may be used, but it does not itself destroy mould-spores that may rest on the jelly. Put the paraffine in pieces into a cup, and warm it to melting, in a pan of warm water; make the coating a quarter-inch thick; a very thin layer might crack in cooling and contracting and leave the jelly exposed. The jelly well covered in its glasses should be kept in a cool, dry, dark place. (Parloa.)

FRUIT COMFITS.

A fruit comfit has had the water and acidity of the fruit replaced by sugar; and is thereby protected against fermenting or moulding, as happens to jellies and marmalades insufficiently cooked or sweetened. (Fr.) The method of preparation will be described under the different fruits.

FRUIT COMFIT PIE.—Make and arrange a pie-paste shell in the way already described (p. 319). Cover it with a layer of apple sauce as thick as your finger; bake half an hour; take from the oven; place in rows upon the sauce, pressing a little into it, some pears or quarters of pears, stewed in a syrup, some apricot, peach and plum comfits, and the like. Pour upon them a little syrup; put into the oven again for five minutes; serve up. These pies can be ornamented with little shreds of almonds, of angelica, of orange peel, or of cedrat. (Fr.)

STRAWBERRY.

STRAWBERRY FRITTERS are made in the same way as apple fritters (p. 378); choose the largest berries possible, and quite fresh, and not too ripe, and leave them whole. (Fr.)

STRAWBERRY PIE.—Make and arrange a pie-paste shell in the way already described (p. 319). Place upon it in rows some fresh and fully ripe strawberries; pour upon them some

very thick sugar-syrup, or a little currant jelly melted in the double kettle. (Fr.)

CANNED STRAWBERRIES lack delicacy, as the berry does not keep its flavor. (Fr.)

PRESERVING STRAWBERRIES.—Use equal weights of sugar and strawberries. Put the berries into the preserving kettle in layers, and sprinkle sugar over each layer. Let them be not more than four inches deep. Heat them over the stove slowly to the boiling point. When they begin to boil, skim carefully. Boil ten minutes from the time bubbling begins. Pour the cooked fruit two or three inches deep into platters, and place them in a sunny window in an unused room, for three or four days. The fruit will then have grown plump and firm, and the syrup thickened almost to jelly. Put this preserve, cold, into the jars or tumblers; and cover in the way described for jellies. (Parloa.)

CANNING OR BOTTLING STRAWBERRY JUICE.—Proceed in the same way as for grape juice (p. 366); but use half a pint of granulated sugar for each quart of juice. (Parloa.)

STRAWBERRY JELLY.—To ten quarts of strawberries add two quarts of currants, and proceed as for currant jelly; but boil fifteen minutes. (Parloa.)

BLACKBERRY.

STEWING AND CANNING BLACKBERRIES.—The same as for raspberries (p. 352). (Parloa.)

CANNING OR BOTTLING BLACKBERRY JUICE.—Proceed in the same way as for grape juice (p. 366); but use half a pint of granulated sugar for each quart of juice. (Parloa.)

BLACKBERRY JELLY is made in the same way as currant jelly (p. 349). (Parloa.)

CURRENT.

CURRENT WATER ICE.—For ten or twelve persons: Put into a sauce-pan a pound of sugar and a cupful of water; boil and skim well; when the skimming is complete, take from the fire; and cool down; add a pint of thoroughly clear red currant juice; and put into the freezer, only two-thirds full, and freeze in the way already described (p. 340). (Fr.)

CURRANT PUDDING OR DUMPLING is made in the same way as the French apple pudding, or dumpling (p. 376); only, neither lemon nor onions are put in. (Fr.)

CURRANT PRESERVE.—From each little currant, on the stem-side, remove the seed with a tooth pick, taking care not to spoil the skin; weigh the seeded currants. Over the fire, for each pound of the fruit, melt a pound and a half of sugar in a cupful of water to each pound of sugar; stir, skim, and cook, until the syrup, when cooled a little, has the consistency of glue. Put the currants into the syrup, and, at the first bubble, take them from the fire; pour into small glass jars of a quarter of a pound, distributing the currants equally, and now and then pushing them into the syrup, until they no longer come to the surface. (Fr.)

PRESERVING WHITE CURRANTS.—Select large, firm fruit, remove the stones, and proceed as for strawberry preserve (p. 347). (Parloa.)

CANNING CURRANTS.—Take ripe currants, stem them, and proceed in the same way as for canning cherries. (Fr.)

CANNING OR BOTTLING CURRANT JUICE.—Proceed in the same way as for grape juice (p. 366); but use a pint of granulated sugar for each quart of juice. Currant juice may be sterilized and canned without sugar, and may thereafter be made into jelly at any season. (Parloa.)

BOTTLING CURRANT JUICE.—Crush some currants, and strain them with pressure through a wet cloth, to take out all the juice; leave the juice in a cool place two or three days, to let it ferment. When all the scum and dregs have come to the top, draw off the clear juice; put it into bottles, stopper, and tie them; boil the bottles so filled five minutes in a kettle with plenty of water, and proceed in the way described for greengage preserve (p. 359). The juice so prepared keeps a very long time. Mixed with sugared water, it makes a beverage much more flavored and agreeable than currant syrup. (Fr.)

CURRANT SYRUP.—Crush together two thirds of red currants not too ripe and one third of sour cherries; put them into a pan, and let them ferment for 24 hours. Then strain them with a sieve, thoroughly pressing out the juice with your

hands. Add a pound and three quarters of sugar for each pound of juice; put them in a pan over the fire; stir now and then; when the sugar has melted, and the syrup has bubbled three or four times, take it from the fire; cool it a little, and put it into bottles. The next day stopper the bottles, and set them in a cool place. (Fr.)

CURRANT JELLY.—Put the currants, free from leaves and large stems, into the preserving kettle; crush a few with a wooden vegetable-masher, or a spoon; heat slowly, stirring often. When the currants are hot, crush them; turn the fruit and juice into a double square of cheese-cloth spread over a hair sieve, or strainer, above a large bowl; lift the cloth by its corners; move the contents by raising one side of the cloth and then the other. Then, put the cloth over another bowl, and press out the juice thoroughly, twisting the ends together; this juice is for a second quality of jelly. The clear juice may be made into jelly at once, or (to make very transparent jelly) may first be strained through a flannel bag. Measure the juice, and put it into a clean preserving kettle; and for every pint of juice add a pint of granulated sugar. Stir, until the sugar is dissolved, and then place over the fire; watch closely; when it boils, draw it back, and skim; put over the fire again, and boil, and skim once more; boil and skim a third time; pour into hot preserve glasses taken from a pan of hot water on the stove (thereby sterilized). Set the glasses on a board. Place the board near a sunny window in a room where there is no dust. It is well to cover the glasses with a sheet of glass. As soon as the jelly is set, brush over the top of the jelly with brandy or alcohol (to kill any mould-spores there), place upon the jelly a disk of paper that has been dipped in the spirit, and then put on the cover, if there be one to the glass; if there is no cover, put over the top of the glass a half-inch wider disk of paper wet with the white of an egg beaten together with a tablespoonful of cold water, pressing the edges down well, so as to stick to the glass; or use yet a little larger covering-papers dipped in olive oil, and tie them tightly to the glass. Instead of the brandied paper, or in addition, paraffine may be used, but it does not itself destroy mould-spores that may rest on the jelly. Put the paraffine pieces into a cup, and warm it to melting, in a pan of warm water; make the coating a quarter inch thick; a very

thin layer might crack in cooling and contracting, and leave the jelly exposed. Instead of heating the jelly after adding the sugar, it may be put at once into the warm, sterilized glasses; and jelly of this cold process is more delicate, but does not keep so well. (Parloa.)

FRENCH CURRANT JELLY.—Crush some red currants, press them in a damp cloth until the juice is completely driven out; weigh the juice; put it into a copper, or brass, kettle over the fire, with half a pound of sugar for every pound of juice; skim (put the skimmings aside, they are very good to eat), and boil about 25 or 30 minutes; if a little of the preparation put on a plate stiffens, the cooking is sufficient; put into jars, and cover as already described. Less economically, but with more of the flavor of the fruit, put in three quarters of a pound of sugar for each pound of juice and cook half as long. If white currants be mixed with the red, do not put in more than one third of the white; they give the jelly a pretty rose color, but a larger quantity would make the jelly look cloudy. (Fr.)

LEMON.

LEMONADE.—Cut each lemon in half, and with a glass lemon-reamer remove the pulp from the peel; and by passing through a strainer separate the juice from the seeds and pulp. To the juice of each lemon of medium size add two tumblerfuls (a pint) of water and three (or four) heaping teaspoonfuls of granulated sugar. Too much sugar makes the lemonade increase thirst, instead of refreshingly quenching it. It is evident, then, that the cost of the material for a tumblerful of lemonade (without any alcoholic addition) is only from half a cent to one cent. Nevertheless, the custom is to offer it with stately ceremony, as if extremely precious. A lady presides at the big lemonade-bowl and fills a glass half as large as a tumbler for each guest who, no matter how thirsty, must of course be ashamed to ask for a second glass of so invaluable a beverage. Besides, dribbling from a cup into the bowl, in case of a second help, is not altogether sanitary or appetizing. To be sure, stirring up the mixture with a ladle in a bowl keeps any ingredients from becoming settled towards the bottom; but that could equally well be effected by occasional stirring with a spoon in a pitcher.

LEMON WATER-ICE is made in the same way as orange water-ice (p. 363); only, instead of the juice of three oranges and three lemons and the zest of three oranges, you take the zest of three lemons and the juice of six. (Fr.)

PORTABLE LEMONADE.—One lemon; and a quarter of a pound of loaf sugar. Rub off the rind of the lemon with the sugar, broken in pieces; bruise the sugar; add the juice strained; put it into a jar; and when wanted for use dissolve a tablespoonful of it in a glass of water. If too sweet, a very small portion of citric acid may be added. It will keep considerable time. (“Vegetarian Cookery.”)

LEMON SYRUP may be prepared in the same way as orange syrup, allowing half a pint more of the clarified syrup to a pint of lemon juice. A large tablespoonful of lemon syrup in a small tumbler of water answers very well for lemonade. (“Vegetarian Cookery.”)

LEMON PIE.—Cream half a pound of butter and a pound of sugar; and beat in six egg-yolks, the juice of a lemon and the grated rind of two lemons, a nutmeg and half a glass of brandy; then stir in the six whites of eggs; bake in a pie-crust, open. You may, still better, beat up the whites of but four eggs in the mixture, and whip the whites of four more into a merang with four tablespoonfuls of sugar and a little lemon juice, to spread over the top of each pie. Eat it cold. Such pies are nice when baked in patty pans. (Harland.)

RASPBERRY.

RASPBERRY WATER-ICE is made in the same way as currant water-ice; only, instead of currant juice, you add a pint of half-and-half currant and raspberry juice. (Fr.)

RASPBERRY FRITTERS are made in the same way as apple fritters (p. 378). Choose the largest berries possible, and quite fresh, and not too ripe, and leave them whole. (Fr.)

RASPBERRY PIE is made in the same way as strawberry pie (p. 346). (Fr.)

STEWING AND CANNING RASPBERRIES.—Put two quarts of raspberries into the preserving kettle; heat slowly on the stove; crush with a wooden vegetable-masher; turn the crushed berries and juice upon a square of cheese-cloth spread over a

bowl; press out the juice, and turn it into the preserving kettle. Add two quarts of sugar; put on the stove, and stir until the sugar is dissolved. When the syrup begins to boil, add ten quarts of raspberries; let them heat slowly; and boil ten minutes from the time bubbling begins, skimming well. Put into jars, and seal in the way already directed. (Parloa.)

STEWING AND CANNING RASPBERRIES AND CURRANTS.—Take ten quarts of raspberries, three quarts of currants and five pints of sugar. Heat, crush, and press the juice from the currants, and proceed as just directed for raspberries. (Parloa.)

CANNING RASPBERRIES.—Select raspberries that are not quite ripe; proceed in the same way as for canning green-gages (p. 359); but use a syrup made with one pound and thirteen ounces of sugar to a quart of water, and boil the filled bottles two minutes. (Fr.)

CANNING OR BOTTLING RASPBERRY JUICE.—Proceed in the same way as for grape juice (p. 366); but use half a pint of granulated sugar for each quart of juice. (Parloa.)

CURRANT AND RASPBERRY SYRUP is made in the same way as currant syrup; only, you add to the currants and cherries one quarter of raspberries. (Fr.)

RASPBERRY VINEGAR.—Pour two quarts of vinegar over four quarts of raspberries in a bowl; cover it, and set it in a cool place for two days. Then strain the vinegar through cheese-cloth. Put four quarts of fresh raspberries in the bowl, and pour over them the vinegar strained from the first raspberries. Put in a cool place for two days, and then strain. Put the strained juice into a preserving kettle with three quarts of sugar. Heat slowly, and when the vinegar boils, skim carefully. Boil twenty minutes, then put into sterilized bottles. About two tablespoonfuls of vinegar to a glass of water makes a refreshing drink. Similar vinegar may be made from blackberries and strawberries. (Parloa.)

FRENCH RASPBERRY VINEGAR.—Fill a jar of glass or stoneware with raspberries, but without pressing; pour into it enough vinegar to cover the berries completely; let them steep a week. With a cloth thoroughly squeeze out all the vinegar and juice; and put the liquid into sterilized bottles. A tea-

spoonful of it in a glass of sugared water advantageously replaces raspberry vinegar syrup. (Fr.)

RASPBERRY VINEGAR SYRUP.—To the raspberry vinegar squeezed out with a cloth, as just described, add twice its weight of sugar, melt it in a water-bath (or double kettle) over a very moderate fire; when the sugar is melted, take from the fire, cool down, and put into bottles. (Fr.)

RASPBERRY JELLY.—Crush the raspberries, and strain them through a wet cloth, strongly pressing out all the juice. Put the juice into an untinned copper or brass pan with three quarters of a pound of sugar for each pound of juice; cook fifteen or twenty minutes, at most; take the pan from the fire, and put the jelly into jars. (Fr.)

PARLOA'S RASPBERRY JELLY is made in the same way as currant jelly. (Parloa.)

RASPBERRY AND CURRANT JELLY is made in the same way as currant jelly, using half currants and half raspberries. (Parloa.)

CURRANT AND RASPBERRY JELLY is made in the same way as currant jelly, only you add to the currants, before pressing, one quarter of raspberries. (Fr.)

MULBERRY.

MULBERRY PUDDING OR DUMPLING is made in exactly the same way as the French apple pudding, or dumpling (p. 376); only neither lemon nor spices are put in. (Fr.)

MULBERRY SYRUP is made in the same way as cherry syrup (p. 355), taking mulberries that are not too ripe. (Fr.)

GOOSEBERRY.

STEWED GREEN GOOSEBERRIES.—Into a sauce-pan put a quarter-pound of sugar and half a cupful of water; boil, and reduce to a syrup; put into it a pound of green gooseberries, not yet ripe, that you have put over the fire in boiling water, until they floated, and that you then plunged into cold water acidulated with vinegar, in order to bring back their green color; boil some minutes; put the gooseberries into the preserve-dish; boil down the syrup, and pour it upon the gooseberries. (Fr.)

GREEN GOOSEBERRY PUDDING OR DUMPLING is made in exactly the same way as the French apple pudding, or dumpling (p. 376); only, neither lemon nor spices are put in; but a finely chopped lemon-zest is added, and, as the fruit is acid, plenty of sugar is needed. (Fr.)

GOOSEBERRY PIE.—See apple and other pies (p. 379).

STEWING AND CANNING GOOSEBERRIES.—Take six quarts of gooseberries, three pints of sugar and one pint of water. For green gooseberries, dissolve the sugar in the water, then add the fruit, and cook fifteen minutes. Treat ripe gooseberries in the same way as green ones, but use only half as much water. Green gooseberries may also be canned in the same way as rhubarb (p. 201). (Parloa.)

CHERRY.

DRIED CHERRIES.—Cherries are dried like prunes (p. 357). Choose cherries of firm pulp. It is common enough to put them in the oven once, and finish in the sun. Do not put sweet-bay among them. To eat them, boil them like prunes, with water and sugar. (Fr.)

STEWED CHERRIES.—Into a sauce-pan put a quarter-pound of sugar and half a cupful of water; boil a few bubbles; put in a pound of cherries from which you have cut one half the stem; cook some minutes; set them up in the preserve-dish; boil down the syrup, and pour it upon the cherries. (Fr.)

CHERRY PUDDING OR DUMPLING is made in exactly the same way as the French apple pudding, or dumpling (p. 376); only neither lemon nor spices are put in. Remove the cherry stones. (Fr.)

CHERRY PIE.—For ten or twelve persons a pound, or a pound and a half of cherries. Make, and arrange some pie-paste as already indicated (p. 319). Place stoned cherries in rows on the paste, very close to one another; sprinkle with powdered sugar. Bake half an hour or three quarters. Strips of paste may also be placed over the fruit, in the way described for the family apple pie (p. 379). (Fr.) See also apple and other pies (p. 379).

STEWING AND CANNING CHERRIES.—Take six quarts of cherries without the stems, three pints of sugar and half a

pint of water. Stone the cherries, or not, as you please; but save all the juice. Put the sugar and water into the preserving kettle, and stir over the fire, until the sugar is dissolved. Put the cherries in, and heat slowly to boiling; boil ten minutes, skimming carefully. (Parloa.)

CANNING CHERRIES.—Select cherries not quite ripe; cut off half the stem; put into bottles, and proceed as for green-gage preserve, but using a syrup of one pound and two ounces of sugar to a quart of water; boiling the filled bottles four minutes. (Fr.)

PRESERVING CHERRIES.—Sour cherries, such as Early Richmond and Montmorency, are best for this preserve. Remove the stems and stones, and proceed as for strawberry preserve (p. 847). (Parloa.)

CHERRY PRESERVE.—Stem and stone the cherries, taking care not to spoil them. For each pound of the cherries so prepared, melt three quarters of a pound of sugar in a pan with half a cupful of water to the pound of sugar. Add the cherries to them; cook twenty minutes; put the cherries into jars; boil down the juice, and pour it upon the cherries. (Fr.)

ANOTHER CHERRY PRESERVE.—Of currants take one quarter of the weight of the cherries; crush the currants, and press them well through a wet cloth; put the juice and the stemmed and stoned cherries into a pan with half a pound of sugar for each pound of the juice and cherries; boil about half an hour; skim; take from the fire and put into jars. (Fr.)

CHERRY JUICE.—To preserve cherry juice, proceed as for cherry or plum jelly; but add to each quart of juice half a pint of sugar, instead of the quart needed for jelly. If you do not care to have the juice transparent, you can squeeze the pulp fully dry. (Parloa.)

CHERRY SYRUP.—Stem some cherries that are not too ripe; crush them, and let them ferment for 24 hours; strain them with a sieve, pressing a little; add a pound and three quarters of sugar for each pound of the juice; put in a basin over the fire; let the syrup bubble once, and skim it; cool it a little, and put it into bottles. (Fr.)

BRANDIED CHERRIES.—Take fine, freshly gathered cherries enough to fill three quarters full the glass bowl you use; cut

off half the stem, and put the cherries into the bowl with a little bag containing a bit of cinnamon and a pinch of coriander; pour on them a syrup made of sugar and very little water—five ounces of sugar to a pound of cherries; fill up the bowl with brandy. It will be two months before the cherries are done. (Fr.)

ANOTHER WAY.—Stem, say, four pounds of early cherries, or of wild cherries; and crush them with their stones; put them into a pan with a pound of sugar; boil them gently, until they have the consistency of syrup. Mix the syrup with two quarts of brandy, five or six broken cloves and a small piece of cinnamon; keep in a well closed jar. When you have cherries that you wish to brandy, strain your preparation through a cloth, with strong pressure, then through a flannel bag, and put it into a bowl with the cherries of which you have cut off half the stem. Wait two months before eating the cherries. (Fr.)

PRESERVING CHERRIES AND CURRANT JUICE.—Put three quarts of currants in the preserving kettle over the fire. When they boil up, crush them, and strain them through cheese cloth, pressing out all the juice. Stem and stone twelve quarts of cherries, carefully saving all the juice. Put the cherries, fruit-juice and two quarts of sugar into the preserving kettle. Heat to boiling, and skim carefully. Boil twenty minutes. Put into sterilized jars or tumblers. This is an acid preserve; but the sugar may be doubled, if desired. (Parloa.)

FOUR-FRUIT JELLY.—Crush a pound each of cherries, currants, raspberries and strawberries, and strain them through a wet cloth, strongly pressing out all the juice; put the juice into an untinned copper or brass pan with three quarters of a pound of sugar for each pound of juice; cook fifteen or twenty minutes, at most; take the pan from the fire, and put the jelly into jars. (Fr.)

BARBERRY.

BARBERRY JELLY.—Take very ripe barberries, stem them, and put them into a pan with enough water to cover them; set them over the fire; when they have boiled about twenty minutes, take them from the fire, crush them with a wooden spoon, and strain them through a sieve; add an equal weight of sugar to the juice, set over the fire again, and when the liquid foams, skim it, and pour it into jars. (Fr.)

PLUM.

PRUNES (dried plums).—Place fine, ripe and quite sound Reinette plums one by one on gratings, and put them in the oven, after the bread has been baked; leave them there until heating again for the next baking; and before putting them again in the oven, turn them over, one by one; repeat the operation three or four times, according as they seem more or less dry. Only experience can show you the suitable degree. When you deem them just right, set them for some time in a dry, airy place; then arrange them layer by layer in boxes lined with white paper; also put in among them some sweet-bay leaves. To eat the prunes, boil them fifteen minutes in sugared water—for a pound of prunes, a quarter-pound of sugar and two cupfuls of water; serve up with a sauce that is not too dilute. (Fr.)

STEWED PLUMS.—Into a sauce-pan put a quarter-pound of sugar and a cupful of water; boil a few bubbles; put in a pound of plums; cook, until the plums yield to the finger; skim; put the plums into a preserve-dish; boil down the juice to the consistency of syrup, and pour it upon the plums. (Fr.)

PLUMS IN CONDE FASHION.—For six or eight persons: Cook with a gentle fire half a pound of rice in a quart of milk (or terralac), with a piece of vanilla as long as your finger; when the rice is well cooked and very thick, sweeten it with three ounces of sugar, adding an ounce of butter (or two spoonfuls of oil) and a pinch of salt; thicken it with two egg-yolks; form a crown in a dish, coat the crown with a thin layer of apricot marmalade; in the middle place stewed plums, or pears, or peaches, or apricots; put them into the oven, or Dutch oven, and serve them up warm. This dish may also be ornamented with fruits preserved whole or in pieces. (Fr.)

FRESH-PLUM PUDDING OR DUMPLING is made in exactly the same way as the French apple pudding (p. 376); only, neither lemon nor spices are put in. Remove the stones; but leave those of the prunes d'avoines. (Fr.)

PLUM PIE.—Greengages and Mirabelles are the best plums for pies. Greengages are cut in two, and the stones removed; the Mirabelles also have the stones removed, but are not cut in two. A paste shell is to be made and arranged as already described (p. 319). Place the plums in rows on the

paste; sprinkle them with a good quantity of powdered sugar. Bake a half hour, or three quarters. Strips of paste may be placed over the fruit in the way described for the family apple pie (p. 379). (Fr.) See also apple and other pies (p. 379).

GREENGAGE MARMALADE is made in the same way as apricot marmalade (p. 360); but the meats of the stones are not put in. (Fr.)

MIRABELLE PLUM MARMALADE is made in the same way as the greengage marmalade. (Fr.)

PLUM CRUSTS.—Cut some small slices of bread-crumbs as thick as a quarter-dollar, enough to cover the bottom of a dish. Slightly brown some butter, and in it fry the little slices; and with them cover the bottom of the dish; cover them with halves of fully ripe greengage, or Mirabelle, plums, the peel side below; put into the hollow of each half-plum a plenty of powdered sugar and a little piece of good butter; cook in the oven, or very hot Dutch oven; reheat the Dutch oven several times. It needs about three quarters of an hour of cooking. Serve it up of a fine color. (Fr.)

PRESERVING PLUMS.—Take four quarts of greengages, two quarts of sugar and one pint of water. Prick the fruit (p. 359), and put it into a preserving kettle; cover amply with cold water; heat to boiling, and boil gently for five minutes; drain well. Put the sugar and water into a preserving kettle, and stir over the fire, until the sugar is dissolved. Boil five minutes, skimming well. Put the drained greengage into this syrup, and cook gently for twenty minutes. Put into sterilized jars. Other plums may be preserved in the same way. The skins should be peeled from white plums. (Parloa.)

STEWING AND CANNING PLUMS.—Take eight quarts of plums, two quarts of sugar and one pint of water. Most plums can be cooked with the skins on. If any kind of them is to be peeled, plunge them first into boiling water for a few minutes. If the skins be left on, prick them thoroughly, to prevent bursting. A time-saving fruit-pricker may be made with a broad cork pierced with a dozen or more coarse darning needles, and tacked on a piece of board. Put the sugar and water into the preserving kettle, and stir over the fire, until the sugar is dissolved, wash and drain the plums. Put some

of the fruit into the boiling syrup. Do not crowd it. Cook five minutes; fill and seal the jars. Put more fruit into the syrup; and so continue, until all the fruit is done. Against possibly finding the syrup insufficient towards the end, it is well to have a little extra syrup on the back of the stove. (Parloa.)

CANNING GREENGAGE PLUMS.—Select plums a little green, rather than over ripe; prick them here and there with a large needle; cut off half the stem; throw them into boiling water, and let them boil only one bubble, to keep their green color. Drain them, and put them into very strong, wide mouthed glass bottles, arranging them as regularly as possible; fill the bottles up, but not completely, with a syrup made of a pound and eleven ounces of sugar to a quart of water, which has been raised just to the boiling point, and then cooled. When the fruit and the syrup are in the bottles, with the stoppers tightly tied, let them boil in a kettle of water for four minutes, with the usual precautions against breaking the bottles; after cooling two or three days, seal the stoppers with wax, and put the bottles in a dry, cool place. They will keep at least a year. Do not open, until the moment of serving up. (Fr.)

CANNING MIRABELLE PLUMS.—Select plums that are not too ripe, a little hard; cut off a little of their stem, put them into bottles; fill the bottles up, yet not quite full, with a syrup made of a pound and a half of sugar to a quart of water, which after being raised just to boiling, has been completely cooled. Then boil the bottles in plenty of water three minutes, in the way described for canning greengages. (Fr.)

PLUM JUICE.—To preserve plum juice, proceed as for plum jelly; but add to each quart of juice half a pint of granulated sugar, instead of the quart needed for jelly. If you do not care to have the juice transparent, you can squeeze the pulp fully dry. (Parloa.)

GREENGAGE CONFITS.—Take genuine greengages, fully developed, but some days before complete ripeness; let them be still firm and crisp; cut off a little of the stem, prick them with a big needle in the crease and all around the stem; and, as you do so, throw each one into a pan with water enough to cover them all to a depth as much as the breadth of two or three fingers. When all the plums have been so prepared,

put the pan on the fire, until the water is too hot to hold your fingers in it; take the pan from the fire, and put into it half an ounce of salt for every three pounds of fruit, let it rest about an hour; put the plums again over a gentle fire, and stir them; gradually the plums, which had grown yellow, will become green again; make the fire a little more active, until the water begins to simmer; take the plums one by one from the water as soon as they rise to the surface, or become soft, and put them into cold water. Drain them and put them into a pan. Into an untinned copper or brass sauce-pan put as many pounds of sugar as you have pounds of plums, and add a cupful of water for each pound of sugar. Boil with a strong fire; stir, and skim now and then, until the syrup marks 29 degrees on the syrup-gauge; then pour upon the plums; and let them steep 24 hours. Take the fruit from the syrup; set the syrup on the fire to boil, until it reaches 32 degrees; pour it again upon the plums and let them steep another 24 hours. For the third time, take the syrup separately, and make it boil, until it comes to 33 degrees; pour it boiling upon the plums; and this time let them steep 48 hours. Then put the plums into jars with their syrup; or drain them, dry them in a warm place, or in a drying-stove (a closet, or cupboard, in which a temperature from 68 to 104 degrees Fahrenheit can be maintained), upon a grating, and afterwards pack them in boxes. Fruits so prepared can be used for dessert; and can also be put in brandy some days before the time for eating them. (Fr.)

BRANDIED PLUMS.—Can, or bottle, the plums in the way just indicated for greengage comfits (p. 359). Put them, only a few days before they are to be eaten, into brandy. This way is best for brandied plums, apricots, peaches and pears. (Fr.)

APRICOT.

STEWED APRICOTS.—For a dozen apricots, put into a sauce-pan a quarter-pound of sugar and a cupful of water; boil a few bubbles, and strain; put in the apricots, either whole or in halves; but, in either case, take pains to remove the stones; cook some minutes; place them in the preserve-dish; boil down the syrup and pour it upon the fruit. (Fr.)

APRICOT MARMALADE.—Take fully ripe apricots, remove the stones and the hard spots in the peel; cut the apricots in

two, and put them on the fire with an equal weight of sugar. You could use one half their weight of sugar, but then would need to cook them half an hour, instead of twenty minutes. Cook fifteen minutes stirring constantly, pushing the spoon to the bottom, to prevent sticking. Break half the stones of the apricots used, throw the meats into boiling water, so as easily to remove the peel; put the peeled meats, either whole or cut in strips, into the marmalade a little before taking it from the fire. To be sure that the marmalade is fully cooked, put a little of it on the end of your finger; if, on pressing your thumb on it and lifting it, a thread is formed, the marmalade is done; put it into jars. (Fr.)

APRICOTS IN CONDE FASHION are prepared in the same way as plums in Condé fashion (p. 357).

APRICOT CRUSTS are made in exactly the same way as plum crusts (p. 358). (Fr.)

APRICOT PUDDING OR DUMPLING is made in exactly the same way as the French apple pudding, or dumpling (p. 376); only neither lemon nor spices are put in. Remove the stones. (Fr.)

APRICOT FRITTERS are made in the same way as apple fritters (p. 378). The apricots should not be too ripe, and should only be cut in two, and not peeled. (Fr.)

APRICOT PIE.—For ten or twelve persons, a dozen apricots. Make a paste shell, as already described (p. 319). Cut the apricots in two; do not peel them; put them in rows on the paste, the skin below; in the hollow of each half put a bit of the stone-meat, which you have blanched; sprinkle with powdered sugar; bake half an hour, or three quarters. (Fr.) See also apple and other pies (p. 379).

CANNING APRICOTS.—Take preferably apricots of standard trees, because they have more flavor, and keep their shape better; cut them in two; take the meats of the stones, and peel them after dipping them for some minutes in boiling water; place the half-apricots and meats in wide-mouthed bottles and proceed as for Mirabelle plums, boiling four minutes. (Fr.)

APRICOT PRESERVE.—Select apricots not quite ripe, cut them in two, remove the stones. Proceed as for canning straw-

berries (p. 347); but cook about half an hour, and in putting the apricots into jars, mix in, at most, one half the meats of their stones, having peeled the meats and cut them into small bits. (Fr.)

APRICOT COMFITS are made in the same way as greengage comfits (p. 359). (Fr.)

BRANDIED APRICOTS.—Can, or bottle, the apricots in the way indicated for greengage comfits (p. 359). Put them, only a few days before they are to be eaten, into brandy. This way is best for brandied apricots. (Fr.)

PEACH.

STEWED PEACHES.—For a dozen peaches, put into a saucepan a quarter-pound of sugar and a cupful of water; boil a few bubbles, and skim; put in the peaches, either whole or in halves, but, in either case, remove the stones; cook some minutes; place them in the preserve-dish; boil down the syrup, and pour it upon the fruit. (Fr.)

PEACHES IN CONDE FASHION are made in the same way as plums in Condé fashion (p. 357). (Fr.)

PEACH CRUSTS are made in exactly the same way as plum crusts (p. 358). (Fr.)

PEACH FRITTERS are made in the same way as apple fritters (p. 378). The peaches should not be too ripe, and should only be cut in two and peeled. (Fr.)

PEACH PIE is made like apricot pie (p. 361), but sprinkle it with much sugar and with a little vanilla powder, and omit the stone-meat. With a low-bordered pie plate, you can place over the fruit the strips of paste, as indicated for the family apple pie (p. 379). (Fr.) See also apple and other pies (p. 379).

PEACH PRESERVE.—Select peaches not quite ripe, peel them, stone them, cut them in halves or quarters. Proceed in the same way as for canning strawberries; but cook about half an hour; and add a little kirsch to the syrup just before filling the jars. (Fr.)

STEWING AND CANNING PEACHES.—Stir a quart of sugar in three quarts of water over the fire, until dissolved. When

the syrup boils, skim it. Draw the kettle back, where the syrup will keep hot without boiling. Pare eight quarts of peaches, cut them in halves, and remove the stones, unless you prefer to can the fruit whole. Put a layer of the fruit so prepared into the preserving kettle, and cover it with some of the hot syrup. When the fruit begins to boil, skim carefully. Boil gently for ten minutes; then put into the jars, and seal. If the fruit is not fully ripe, it may require a little longer cooking. It should be tender enough to be easily pierced with a fork. It is best to put only one layer of fruit at a time into the preserving kettle. While it is cooking, the next batch may be prepared. (Parloa.)

PEACH COMFITS are made in the same way as greengage comfits (p. 359). (Fr.)

BRANDIED PEACHES.—Can, or bottle, the peaches in the way indicated for greengage comfits (p. 359). Put them, only a few days before they are to be eaten, into brandy. This way is best for the brandied peaches. (Fr.)

WATERMELON.

The rind of the watermelon is often substituted for citron in making preserves and sweet pickles. (Beattie.)

CITRON.

The citron is a type of watermelon with solid flesh, that is used for preserves and sweet pickles. (Beattie.)

ORANGE.

ORANGE WATER-ICE.—For ten or twelve persons: Put a pound of sugar and a cupful of water into a sauce-pan; boil, and skim well; after fully skimming, take from the fire, add another cupful of water and the juice of three oranges and of three lemons and the zest of three oranges; let them steep an hour; strain through a sieve, and put into the freezer, filling it only two thirds full, and freeze in the way already described (p. 340). (Fr.)

ORANGE AND LEMON SYRUP.—Put a pound of sugar with a cupful of water into a pan upon the fire; make it bubble two or three times, and let it cool; when it is cold, add to it

the zest of six oranges and three lemons; cover it up, and let it steep for 24 hours; then add a quart of water and the juice of the oranges and lemons; strain through a cloth strainer, and put into a pan with three pounds of sugar; warm, until the sugar is completely melted, and the syrup marks 32 degrees on the syrup-gauge. Cool it a little, and put it into bottles. (Fr.)

ORANGE SYRUP.—Squeeze the juice when the fruit is in its best state, and strain through fine muslin or flannel; take equal quantities of juice and clarified syrup; boil it with a little of the rind, pared very thin; when it is quite clear, pour it into a jug; and when it is cold, bottle it in small bottles. (“Vegetarian Cookery.”)

ORANGEFLOWER LOZENGES.—Melt some sugar with very little water, in an untinned frying-pan; boil, until the syrup is so thick, that when a finger wet with cold water is dipped into the syrup, and then plunged quickly into cold water, the syrup forms a sort of a glue. Put into it some finely cut orangeflower petals, cook them until on pouring a few drops upon a plate they will harden; then slowly pour the mixture by drops, or in thin sheets, as you prefer, upon a very slightly oiled marble slab. You put more or less of the flower as you like; you can put in much. When the sugar has cooled in the pan, so as no longer to flow, put it on the fire again. These lozenges keep very well a whole year, and are a good resource for desserts. (Fr.)

BURNT ORANGEFLOWER.—Pick over some orangeflower petals, and throw them for a moment into boiling water, to blanch them. Cook some sugar, until it has the consistency of glue; put the flowers into it, and continue to boil the sugar, to bring it back to the consistency it had; take from the fire, and stir, until the sugar becomes like sand; when you can bear your hand in it, take the orangeflower out, and let it dry on paper. Burnt orangeflower serves to flavor culinary preparations in which you cannot use orangeflower water. Before use it is chopped fine. (Fr.)

MUSKMELON OR CANTELOPE.

There are a number of good varieties of muskmelon, and the Rocky Ford, or Netted Gem, is one of the best. (Beattie.) It is nowadays rather the fashion to call them by a more modern corruption of the French name cantaloup than the well established English word cantelope.

Select muskmelons that have been freshly gathered, and are comparatively heavy, with the stem fresh and loose, and with much flavor. The ripeness is indicated by the easy detaching of the stem; and the part of the melon opposite to the stem should bend under the thumb. The melon is reckoned a side dish, but in some countries is a dessert. When a side dish, it should face another melon, or a fine pyramid of fresh figs, a fruit that also serves either for a side dish or for dessert. When there is only one melon and no figs, the melon looks best in the middle of the table. It is commonly served up immediately after the soup, at the same time with the boiled meat, or the warm side dishes. (Fr.)

GRAPE.

STEWED GRAPES.—Into a sauce-pan put a quarter-pound of sugar and half a cupful of water; boil, and reduce to a syrup; put into it a pound of grapes stripped from the stems and stoned; boil a few bubbles, and pour into the preserve dish. (Fr.)

STEWING AND CANNING GRAPES.—Take six quarts of grapes, one quart of sugar and one gill of water. Squeeze the pulp of the grapes out of the skin. Cook the pulp five minutes, and then rub through a sieve fine enough to remove the seeds. Put the water, skins and pulp into the preserving kettle, and heat slowly to boiling. Skim the fruit, and then add the sugar; boil fifteen minutes. Sweet grapes need less sugar; very sour ones may have more. (Fr.)

GRAPE PIE.—Stone the grapes with a tooth-pick; or you can leave them unstoned. Make and arrange a pie-paste shell in the way already described (p. 319). Place the grapes in rows on the paste very close together; sprinkle with powdered sugar; bake half an hour, or three quarters. (Fr.)

GRAPE PRESERVE.—Select fine, fully ripe grapes. Stone them with a tooth-pick. Put their weight of sugar and half a

cupful of water for each pound of sugar into a pan; boil with a big fire; skim. When the syrup is quite thick, and makes big bubbles, and is on the point of changing color, put into it the prepared grapes. Boil two or three bubbles; put the grapes into jars; boil down the syrup, and pour it upon the grapes. (Fr.)

CANNING OR BOTTLING GRAPE JUICE.—Wash and stem the grapes; put them into the preserving kettle, and crush them slightly. Heat slowly, and boil gently half an hour. Crush them with a wooden spoon. Turn them and the juice into a square of cheese cloth on a sieve, or colander, over a large bowl; drain well; then draw the edges of the cheese cloth together, and twist hard, to press out all the juice possible. Put the strained juice into a clean preserving kettle over the fire. When it boils up, draw it back, and skim. Let it boil up again, and skim it; then add the granulated sugar (say, a gill for each quart of juice), and stir until it is dissolved. Boil five minutes, skimming carefully. Fill hot sterilized jars, or, better, good bottles (self-sealing beer bottles are most convenient, but must be carefully sterilized, both bottle and corks). Put the filled jars, or bottles, into a moderate oven for ten minutes, in pans of boiling water. Have some boiling juice at hand, and pour a little of it into the jars, as they come from the oven; then seal. Place on boards, and set aside, away from any cold draft. Very sweet, Californian grapes need no sugar. Grape-juice is particularly good as a drink. (Parloa.)

PRESERVING FRUIT IN GRAPE JUICE.—Any kind of fruit can be preserved in grape juice; but apples, pears and plums are particularly good. No sugar is needed. In an open preserving kettle, boil down six quarts of grape juice to four. Put the fruit, washed and peeled, and, if apples or pears, quartered and cored, into a preserving kettle, and cover amply with the boiled grape juice, boil gently, until the fruit is clear and tender; then put into sterilized jars. (Parloa.)

GRAPE JELLY.—An acid grape is best for jelly; the sweet, ripe grapes contain too much sugar. Half ripe fruit, or equal portions of nearly ripe and green grapes are satisfactory. Wild grapes make delicious jelly. Make in the same way as currant jelly. (Parloa.)

AVOCADO, OR ALLIGATOR PEAR.

The avocado or alligator pear is cultivated in Florida, and is brought to our northern cities. It is claimed that "it makes a delicious salad." It is very rich in oil, containing 54 per cent. of it (disregarding the water) and only 5.3 per cent. of protein (according to Wiley).

FIG.

FIG COMFITS.—Make a slit in fresh figs on the side opposite to the stem; then make comfits of them in the same way as the greengage comfits are made (p. 359). (Fr.)

PEAR.

DRIED PEARS.—Take some russet pears almost ripe, peel them carefully, cut off the end of the stem; put them, as you do so, into a pan full of water; boil with little bubbles; feel them, and when they yield under your finger, take them out with a skimmer, and throw them into cold water; then drain them. In a pan melt two pounds of sugar in three pints of water for each hundred pears; boil, and skim; cover the bottom of the pan with pears. Let them boil one bubble, and take them out, and put them in an earthen pan; then put other pears in the sugar, in successive batches, until they have all been there; let them cool, and place them on gratings, the stem upwards, slightly flattening them, without crushing them; put them in the oven when the bread is taken out, and leave them there several hours; before putting them there again, dip them in the cold syrup, replace them on the gratings, repeating the operation up to four times; then arrange them in boxes, two layers, one above the other, then a sheet of paper, and two layers of pears, and so on; keep them in a dry place. The syrup that is left over can be used for all kinds of comfits and preserves. (Fr.) The Armenians say: "Never peel a pear; but peel apples."

STEWED PEARS.—For one dishful: Peel six fine pears; eight or ten, if they are small; cut them in quarters, if they are large, and take out the core; leave them whole, if they are small. As they are ready, throw them into water, so as not to turn dark colored; dissolve a quarter-pound of sugar in two cupfuls of water; put the pears into it; sprinkle in some lemon

juice, if you like, to keep them white; cook with a not too lively fire; when the pears are cooked, set them up in the preserve dish, cutting a little from the large ends, if they are whole pears; boil down the syrup with a strong fire, and pour it upon the pears. If you wish the pears to be white when cooked, you must use a kettle that is not metallic; if you wish them to be of a fine red color, use a tinned copper kettle, and be sure not to put in any lemon juice. (Fr.)

STEWED PEARS WITH WINE.—For one dishful: Peel six fine pears; eight or ten if they are small; cut them in quarters, if they are large, and take out the core; leave them whole, if they are small. Put them into a sauce-pan with a cupful of water, a quarter-pound of sugar, and a quite small piece of cinnamon; cook with a small fire; when the pears are almost cooked, add a cupful of red wine; when the pears are done, take them out; arrange them in the preserve dish; boil down the syrup with a strong fire, and pour it upon the pears. (Fr.)

PEARS IN GERMAN FASHION.—For six persons, take six or eight breaking pears (not melting ones) according to their size; peel them, and cut them in pieces, putting them, as you do so, into water at once, lest they turn dark; turn them over the fire with some butter as large as an egg; sprinkle them with flour, moisten them with a cupful of water, add a quarter-pound of sugar, and let them cook; at the moment of serving up, thicken them with two egg-yolks (p. 117). (Fr.)

PEARS IN CONDE FASHION are prepared in the same way as plums in Condé fashion (p. 357).

PEAR DUMPLINGS.—For 12 dumplings, make a hole in the middle of a pound or a quart of flour; put into it an egg, a quarter-pound of butter, half a teaspoonful of fine salt and a quarter of a cupful of water; moisten, and mix the whole well together; or else simply take a pound of dough at the baker's, and mix with it a quarter-pound of butter (or half a cupful of oil) and a teaspoonful of fine salt. Make twelve parts of one or the other of these pastes; roll out each part as thin as a quarter-dollar; wrap in each a piece of pear, or an apple, peeled or not; if you use pears, cook them in sugared water before wrapping them in the paste, since they are rather long in cooking. Gild the tops of the dumplings a little. Cook them about half an hour. (Fr.)

PEAR PIE.—Pears take rather long to cook; and it is, therefore, well to cook them beforehand with a little water and sugar. They can be used either whole or cut in pieces. If they are left whole, they should have a little taken off from the big end, so that they may stand upright. Make and arrange a pie-paste shell in the way already indicated (p. 319). Bake it a little, place the pears, or quarters of pears, in rows upon it; sprinkle it with the syrup in which the pears were cooked; and put it in the oven. (Fr.)

STEWING AND CANNING PEARS.—Ripe pears may be treated just like peaches (p. 362); but rather hard ones must be cooked until tender enough to be easily pierced with a fork. (Parloa.)

PEAR PRESERVE.—Select rather firm pears; peel them; if they are small, leave them whole; if they are rather large, cut them in halves or quarters; take out the cores and the stony parts; as soon as each pear is ready, throw it into cold water, to prevent its turning dark. Into a pan put three quarters of a pound of sugar for each pound of pears, and a cupful of water for each pound of sugar; as soon as the sugar is melted, put the pears into the pan; cook two hours and a half, or three hours, with a small fire, and without stirring; boil the syrup down, till it is quite thick; put into jars. (Fr.)

NORMAN PRESERVE OF PEARS, APPLES, OR THE LIKE.—Take cider just from the press; boil it six hours with small bubbles; stir now and then, and skim well; when it is boiled down to about one-half, put into it some peeled, quartered, cored and picked-over pears or apples (commonly sweet apples); there should be enough of the cider syrup to cover the fruit completely; simmer twelve hours, and when the syrup is sufficiently boiled down, put it into jars. These preserves, if well made, keep several years. In addition to the pears, you can put in carrots that are tender and not stringy, cutting them somewhat in pear-shape; but they should be put in much earlier than the pears, because much more time is needed for the carrots to cook, and they will cook badly, if put into syrup that is too thick. (Fr.)

PEAR COMFITS are made in the same way as the greengage comfits (p. 359). (Fr.)

BRANDIED PEARS are made in the same way as brandied plums (p. 360). (Fr.)

BURGUNDY GRAPE AND PEAR PRESERVE.—Stone some fully ripe grapes, strain them with pressure through a wet cloth; put the juice into a kettle, and boil down one half, carefully skimming, and stirring now and then, to prevent its sticking; put into it some pears cut in quarters and well picked over; again boil down one third; put into jars. In countries where the grape does not so ripen as to become very sweet, some sugar must be added to the grape juice, even as much as three pounds for ten pounds of juice; and then the preserve is less boiled down, and is better, and keeps longer. When there are no pears, they can be replaced advantageously by carrots that are tender and not stringy; they should be cut slanting, in shape something like quarters of pears, and thrown into the grape juice as soon as it is put on the fire; because they need much longer time to cook than pears. (Fr.)

CRANBERRY.

KEEPING CRANBERRIES.—Keep the fruit in a tub of water; change the water occasionally, to keep it fresh; and throw out the imperfect fruit. (Haskell.)

CRANBERRY SAUCE.—Wash a quart of ripe cranberries; put them into a pan with about a wineglassful of water. Stew them slowly, stirring often, particularly after they begin to burst. They require a great deal of stirring, and should be like a marmalade, when done. Just before taking them from the fire, stir a pound of sugar in. When they are thoroughly done, put them into a deep dish, and set them away to cool. You may strain the pulp through a colandar, or sieve, into a mould, and, when it is in a firm shape, send it to the table in a glass dish. Taste it when it is cold; and if it be not sweet enough, add more sugar. Cranberries need more sugar than any other fruit except plums. (Leslie.)

CRANBERRY PIE.—The cranberry sauce just described can be made into a pie, or tart, merely putting it into a paste-shell already baked, and, if you like, adding strips of paste over the surface of the sauce in the way indicated for the family apple pie (p. 879); or a covering layer of paste may be put on. See also Apple and Other Pies (p. 879).

LYCHEE.

The lychee, or lychee nut, as it is often called, is found, in its dried condition, at Chinese shops in America; and then has a thin fragile outer shell as large as an English walnut, a black shrivelled, spicy-flavored, sweet, somewhat prunelike pulp at a little distance inside, covering a stone at the centre. The cheaper qualities have a rather large smooth stone; the better, and four times dearer (say, one dollar a catty, a pound and a third), *no-mai* (or *no-my*) lychee has a quite small shrunken stone. The pulp is also sometimes brought as a preserve to America in sealed tin cans, and is then white.

BLUEBERRY.

STEWING AND CANNING BLUEBERRIES.—Put twelve quarts of blueberries, one quart of sugar and one pint of water into a preserving kettle; heat slowly; boil fifteen minutes from the time bubbling begins. (Parloa.)

HUCKLEBERRY.

HUCKLEBERRY PUDDING.—Make a light batter, and stir in enough berries to make the pudding black. It may be boiled or baked. Serve it up hot, with rich sweet, or wine, sauce. (Haskell.)

QUINCE.

STEWED QUINCES.—For one dishful six quinces. Throw them into boiling water, and let them half cook; take them out, and put them for some minutes into cold water; cut them in quarters; peel them; take out the core, put into a saucepan a cupful of water and half a pound of sugar; boil a few bubbles and skim; put in the quince-quarters; when they are cooked, take them out, and put them into the preserve-dish, boil down the syrup with a lively fire, and pour it into the preserve-dish. (Fr.)

STEWING QUINCES FOR CANNING.—Take four quarts of quinces, three pints of sugar and two quarts of water. Rub the quinces hard with a coarse crash towel, then wash, and drain. Pare, quarter, and core; drop the pieces into cold water, acidulated with a tablespoonful of lemon juice to a quart of the water, to keep the fruit white, in case of delay.

Put them into the preserving kettle with cold water amply to cover them. Heat slowly, and simmer gently, until they are tender, taking each piece up as soon as it is tender enough to be readily pierced with a fork. Some pieces need longer cooking than others. Drain on a platter. Strain the cooking water through cheese cloth; put two quarts of it and the sugar into the preserving kettle, and stir over the fire, until the sugar is dissolved. When it boils, skim well, and put the cooked fruit in. Boil gently about twenty minutes. (Parloa.)

PRESERVING QUINCES.—Boil four quarts of pared, quartered and cored quinces in clear water, until they are tender; then skim them out, and drain them. Put two quarts of sugar and one quart of water into the preserving kettle, and stir until the sugar is dissolved. Heat slowly to boiling; skim well, and boil twenty minutes. Pour half of the syrup into a second kettle; and put half of the cooked and drained fruit, as well as half of the syrup, into each kettle. Simmer gently half an hour; then put into sterilized jars. The water in which the fruit was boiled can be used with the parings, cores and gnarly fruit to make jelly. (Parloa.)

QUINCE JELLY.—Rub the quinces with a coarse crash towel; cut out the blossom end. Wash them, pare, and cut in quarters. Cut out the cores, and put them in a dish apart. Drop the perfect pieces of fruit into a large bowl half full of water, to be preserved or canned. Put the parings and imperfect parts, cut very fine, into the preserving kettle. Add a quart of water to every two quarts of fruit and parings. Put on the fire, and cook gently for two hours. Strain, and finish in the same way as apple jelly (p. 380).—For a second quality cook the cores, well covered with water, in another kettle, and add to them the parings and imperfect fruit, that have been drained of their juice for the first quality jelly. Mix well; turn into the straining cloth, and press out all the juice possible. Put the juice into the preserving kettle with a pint of sugar to a pint of juice, and boil ten minutes. (Parloa.)

FRENCH QUINCE JELLY.—Take thoroughly ripe quinces, and proceed as for apple jelly (p. 380); but no lemon is put into quince jelly. (Fr.)

APPLE.

STEWED APPLES.—For one dishful: Peel four fine pippins, or tart apples; cut them in two; remove the seeds; put the half-apples, as soon as each one is ready, into cold water, to hinder their turning brown; dissolve a quarter-pound of sugar in a cupful of water; put the half apples into it; take them out when they are cooked, without waiting until they lose their shape. Place them in a preserve-dish; boil down the liquor, and pour it upon the apples. You can ornament them with currant jelly, a charming arrangement; but do not add the jelly until the apples are quite cold. The apples can also be cooked whole. They are peeled, and cored with a corer; they are cooked in a syrup abundant enough to cover them; when cooked, they are taken out; the syrup is boiled down with a strong fire, and poured upon them; when cold, they are ornamented with currant jelly put into the holes left by the corer. (Fr.)

APPLE-MARMALADE, OR APPLE CHARLOTTE.—For six persons, twelve average apples. Peel, pick over, and cut in pieces; put into a saucepan with some butter as large as an egg (or four spoonfuls of oil), and a quarter-pound of sugar, a little cinnamon, or orangeflower water, if you like the flavor; if the apples are not very juicy, add one or two tablespoonfuls of water; cook with a gentle fire and covered sauce-pan, often stirring, lest the marmalade stick to the bottom of the pan; crush thoroughly, even pass through the strainer, if you wish to have it very fine; pour into a dish, and smooth the surface if you wish to serve it up warm, sprinkle it with powdered sugar, and over it pass the red hot shovel, and surround it with fried bread bits. If you wish to serve it up cold, ornament it with currant jelly or other preserves. (Fr.)

APPLE SAUCE.—Six apples; butter (or palatable oil); and sugar. Prepare the apples as for a pie; put them in a saucepan with a tablespoonful of water; cover the pan, and set it over a moderate fire, till the apples are soft; drain the water from them, and stir in a little butter (or palatable oil); and moist sugar. They will do equally well, if put into a basin covered with a plate, and set in the oven. ("Vegetarian Cookery.")

MOUNTED APPLE CHARLOTTE.—Make an apple-marmalade, as just described, and let it be quite thick. Cover the

bottom of a mould, or sauce-pan, with triangular fried bread-bits placed orderly from the circumference to the centre, with no space between the points of the bits at the centre; and garnish also the border all around with fried bread-bits cut oblong. Place the marmalade in the midst of the bread-bits. Put it fifteen or twenty minutes in the oven, or in the Dutch oven. Overturn upon a dish, and serve it up warm. To make a more delicate dish, put the marmalade in layers in the midst of the bread-bits, alternating with layers of currant jelly, or apricot, or plum, marmalade. (Fr.)

APPLE CHARLOTTE IN MERANG FASHION.—Make a plain apple marmalade, as above described, but quite thick. Put it somewhat in pyramid form in a dish and smooth the surface. Whip two whites of egg to a very stiff froth, adding two spoonfuls of powdered sugar; cover with this froth the apple marmalade; sprinkle with sugar, and brown in a very hot oven. Serve up warm. (Fr.) The whites of eggs will supply protein so lacking in the fruit.

BUTTERED APPLES.—For six persons, six average apples. Peel them, core them with a tin corer, taking care not to injure them. Fry slices of bread-crum in butter. Butter (or oil) the tart dish; place in it the slices of bread, and the apples on them; fill the core holes of the apples with sugar and butter (or oil); sprinkle with sugar. Put them in a Dutch oven with a gentle fire below; renew the fire now and then. They should cook with a small fire, so that the bread below shall not burn, nor the apples dry too much. When they are done serve up. Some pour upon them at the moment of serving up, a little syrup made of water and sugar. (Fr.)

BLAZING APPLES.—For six persons, peel twelve small apples; put them into a saucepan with water enough to cover them, and with a quarter-pound of sugar, a little cinnamon, or orange-zest, or lemon-zest; boil until they are cooked, but not until they lose shape; take them out carefully one after another, and put them in pyramid form into a dish; boil down the liquor to a thick syrup; pour it upon the apples, wetting them all; sprinkle them strongly with powdered sugar; from a strainer shower upon the top of the pyramid a rather large quantity of rum, so that it may be set afire at the moment of placing the dish on the table. The rum will not take fire if the apples are not very warm. (Fr.)

APPLES IN CONDE FASHION are prepared in the same way as pears in Condé fashion (p. 368).

MARLBOROUGH PUDDING (OR PIE).—Pare, core, and quarter six large ripe pippin apples. Stew them in half a pint of water. When they are soft, but not yet broken, take them out, drain them through a sieve, and mash them to a paste with the back of a spoon. Mix with them six large tablespoonfuls of sugar and a quarter-pound of butter, and set them away to get cold. Grate two milk biscuits, or small sponge cakes, or an equal quantity of stale bread, and grate also the yellow peel of a large lemon, and squeeze out its juice. Beat six eggs light, and when the apple is cold, stir them gradually into it, adding the grated biscuit and lemon. Stir in a wineglassful of rosewater and a grated nutmeg. Put the mixture into a buttered dish or dishes, laying around the edge a border of puff paste (or put the mixture into a shell of plain paste); and bake it three quarters of an hour. When it is cold, dredge white sugar over the top, and ornament it with slips of citron handsomely arranged. (Leslie.)

BIRD'S NEST PUDDING.—Take nine large pippin apples; pare, and core them whole. Set them in the bottom of a large deep dish, and pour around them a very little water, just enough to keep them from burning. Put them into an oven, and let them bake about half an hour. Meanwhile mix three tablespoonfuls of flour with a quart of milk, or terralac (better, if previously boiled with a small handful of peach leaves, and cooled), a quarter-pound of sugar, and a teaspoonful of mixed spices. Beat seven eggs very light, and stir them gradually into the milk. Then take out the dish of apples (by this time half baked), and with sugar fill up the holes from which the cores were taken, pressing into each a slice of fresh lemon. Pour the batter around the apples; put the dish into the oven again, and bake another half hour; but not long enough for the apples to fall to pieces; for they should when done, be soft throughout, though quite whole. Send it to the table warm. (Leslie.)

APPLE AND BREAD PUDDING.—One pound and a quarter of apples; three quarters of a pound of bread-crumbs; and three ounces of sugar. Butter a pudding-dish; put in half the apples, pared and cut as for a pie; add half the sugar, two tablespoonfuls of water, half the crumbs, and then the rest

of the apples and sugar, and cover smoothly with the rest of the crumbs, and bake in a moderately hot oven, laying a plate or dish over, till about half done, to prevent the top from becoming hard and dry. Cooked rice may be used instead of bread-crumbs, and rhubarb or green gooseberries may be used instead of apples. When apples begin to lose their flavor, a little lemon juice may be added. ("Vegetarian Cookery.")

BOILED APPLE AND BREAD PUDDING.—Two large apples; a quarter of a pound of bread and butter; half a cupful of water; and sugar. Line a pint basin with bread and butter; put on a layer of apples, pared as for a pie; sugar and then follow with the bread and butter and apples again, till the basin is full; pour the water over the whole; cover with a cloth, and boil one hour. ("Vegetarian Cookery.")

BOILED APPLE PUDDING, OR DUMPLING.—Mix well by hand eight ounces of flour, two ounces of butter (or four spoonfuls of oil), a saltspoonful of salt; make a heap with a hole in the middle; break one egg into it, stir it well together with your finger, and by degrees infuse enough water to make it a stiff paste; roll it out two or three times; then roll it large enough to receive thirteen ounces of apples. It will look neater if boiled in a well buttered basin, than if boiled in a well floured cloth; boil it an hour and three-quarters. The surest way is to stew the apples beforehand with a wineglassful of water; and then one hour will boil it. Some people like it flavored with cloves and lemon peel, and sweeten it with two ounces of sugar. In the same way, puddings (or dumplings) are made of gooseberries, currants, raspberries, cherries, damsons and various plums and fruits. (Kitchiner.)

FRENCH BOILED APPLE PUDDING, OR DUMPLING.—Take a pound of flour; make a hole in the middle; put into it a half pound of butter (or a cupful of oil), one egg-yolk, two teaspoonfuls of fine salt, about a cupful of water, or of milk; knead the whole well together; make two parts of the dough, but one much larger than the other; roll out the larger part to about half the thickness of your finger, and spread it over the inside of a large bowl, or deep pudding dish; fill it up heaping full with apples, that you have peeled, cleaned, and cut in pieces; sprinkle with a little powdered four-spices (that is, cloves, nutmeg, black pepper and cinnamon or

ginger), and with lemon-zest chopped fine, and with a quarter-pound of powdered sugar. Roll out the other piece of dough; with it cover the apples; neatly unite the two pieces of dough by means of wetting their edges; cover the pudding with a cloth firmly tied below the rim of the bowl and brought together above. Boil the pudding continuously in boiling water, which should be replenished, when necessary, with boiling water. When the pudding, or dumpling, is cooked, turn it over into a dish, and serve it up warm, along with powdered sugar, in case the guests do not find it sweet enough. The left-over part can be warmed over with sugared water. (Fr.)

ANOTHER BOILED APPLE PUDDING, OR DUMPLING.—Pare, core, and quarter as many fine juicy apples as will weigh two pounds, when done. Strew among them a quarter-pound of powdered sugar, and add a grated nutmeg and the juice and yellow peel of a large lemon. Make a paste of butter (or oil) and flour, a pound of butter (or a pint of oil) to two pounds of flour (and, say a pint of water, or milk, or terralac). Roll it out of moderate thickness; lay the apples in the centre, and close the paste nicely over them in the form of a large dumpling. Tie it in a cloth, and boil it three hours. Send it to the table hot, and eat it with cream sauce, or with butter and sugar. Any fruit dumpling, or pudding, may be made in the same way. (Leslie.)

APPLE DUMPLINGS.—Take large fine juicy apples, not sweet ones. Pare them, and take out the cores without dividing the apples. If they were quartered they would separate in boiling and break through the crust. Fill each hole with powdered sugar and some chips of lemon-peel, and squeeze in some lemon-juice. Or you may fill the cavities with raspberry jam, or with any sort of marmalade. Have ready a paste made in the proportion of a pound of butter to two pounds and a half of sifted flour, well mixed, and wetted with as little water as possible (half a pint of dried bread crumbs and half a pint of flour with two eggs and water for a paste thick enough to roll.—Beecher). Roll out the paste to a moderate thickness, and cut into circular pieces, allowing two pieces for each dumpling. Lay an apple on one piece, and put another piece on the top, closing the paste around the sides with your fingers, so as to cover the apple entirely. In that way, the dumpling is less likely to burst, than if the paste

were all gathered up at one end. Boil each dumpling in a small coarse cloth, which has first been dipped in hot water. A set of cloths should be kept for the purpose. Tie them tightly, plastering a little flour inside each tying place to keep the water out (tie tight, as they will not swell.—Beecher). Put the dumplings at once into a pot of boiling water, and boil them from three quarters of an hour to an hour. Do not take them up, till a moment before they are wanted. Send them to the table hot in a covered dish. Eat them with cream and sugar or with butter and sugar. Apple dumplings may be made in a very plain way with potato paste, and boiled without cloths, dredging the outside of each dumpling with flour. They should then be boiled about three quarters of an hour. (Leslie.)

FRENCH APPLE DUMPLINGS are made as described under pear dumplings (p. 368). (Fr.)

APPLE CROQUETTES.—For six persons, twelve average apples. Peel them, cut them in quarters, remove the seeds. Put over the fire with half a pound of sugar and some lemon-zest chopped fine; cook and reduce to marmalade with a not too lively fire; cool down; mix thoroughly with eight yolks of eggs; put on the fire again, stirring all the time; when the whole is well thickened, take it off again; be sure not to let it boil. Let it completely cool. Make little balls of it; flour them, dip them in the whites of eggs, that you have beaten with some spoonfuls of water; then dip the balls in finely crumbled bread-crumbs. Fry in very hot butter. (Fr.)

APPLE FRITTERS.—The batter already described for plain fritters (p. 312) is used for making apple fritters. Make it thick by stirring into it very finely minced, pared, cored and parboiled, half cooked apples, with some lemon-juice and grated lemon-peel. Then fry the fritters as already directed for fritters, and eat them with nutmeg and sugar. (Leslie.)

FRENCH APPLE FRITTERS.—For sixty fritters, eight to ten apples, at most. Take a pound of flour; make a hole in the middle; put into it four yolks of eggs, two spoonfuls of brandy, a teaspoonful of fine salt; mix little by little with the flour; then add little by little a pint and a half of milk, or terralac (be sure to mix little by little, lest there should be lumps of flour). A half hour before using the batter, add to

it, mixing well, the four whites of eggs eaten to froth. Dip into this batter round slices of apples, as thick as a quarter-dollar; fry them in hot butter to a fine brownish color.—What is left over of the batter, if any, can be used for griddle cakes; only, it must be thinned, with a little water or milk, or teralac, or the cakes would be too thick. (Fr.)

APPLE PIE.—Fill the paste-shell prepared as described on p. 319 with apple sauce, or marmalade (p. 373), and bake in a rather hot oven for half an hour, or three quarters.

ANOTHER APPLE PIE.—Arrange the paste-shell in the pie plate, as already described (p. 319). Fill it with a layer of

apple sauce (p. 373) as thick as your finger; upon the sauce make circular rows of apple slices as thick as a cent, overlapping a little at their edges; sprinkle with powdered sugar; bake in a hot oven, or in a Dutch oven, half an hour, or three quarters.

ENGLISH APPLE PIE.—Make paste in the way above described; roll it out as thin as a cent, and instead of putting it into a pie plate, cut it into a square or oblong shape, and place it on a sheet of paper, or sheet iron, slightly buttered, or floured; on this paste place rows of little slices of apple, a little overlapping at their edges; sprinkle with powdered sugar; bake half an hour in a hot oven; coat the top with a little apricot marmalade moistened with a little water; and serve up. This pie is much more delicate than all the other apple pies.

FAMILY APPLE PIE.—Make a third more of paste; roll it out as thin as a cent, place it on a pie plate without border, or with borders only slightly marked; line it with a layer of sauce as thick as your finger, but not reaching to the edges; collect the rest of the paste, knead it anew, and roll it out as thin as a cent; cut it into little strips as wide as your little finger, and one band as wide as two fingers. Arrange the little strips in triangles over the top of the sauce, and place the wide strip all around the border; here and there press with a fork, to stick the edges together. Bake in an oven that is not too hot for half an hour or three quarters. (Fr.)

APPLE AND OTHER PIES.—Take fine, juicy, acid apples; pare, core and cut them in small pieces. Fill with the apples a deep dish that has been lined with paste; strewing among them layers of sugar, and adding the rind of a lemon pared thin, and also the juice of the lemon squeezed in, or some

essence of lemon. Put over the fruit another sheet of paste, as a lid; close the edges well, and notch them. Bake the pie in a moderate oven, about three quarters of an hour. The pie may be eaten with cream and sugar, or with cold boiled custard. If the pie is made of early green apples, they should first be stewed with a very little water and plenty of sugar. What are called sweet apples are entirely unfit for cooking, as they become tough and tasteless; and it is almost impossible to cook them enough. When you put stewed apples into already baked shells, grate nutmeg over the top. You may cover them with cream whipped to a stiff froth, and heaped on them.—Cranberries and gooseberries should be stewed with sugar before they are put into paste. Peaches should be cut in half or quartered, and the stones taken out. Cherries and plums should also be stoned. Raspberries or strawberries, mixed with cream and sugar, may be put raw into baked shells. (Fr.)

NORMAN PRESERVE OF APPLES in cider syrup, is made in the same way as for pears (p. 369).

APPLE JELLY.—Commonly, white pippins are used; but all apples are equally good to make jelly, except mealy ones. Peel them, cut them in quarters; remove the core; throw them one by one into cold water, lest they turn dark; put into an untinned copper or brass pan over the fire with enough water to cover them; when they are soft under the finger, take them out, and let them drain in a sieve over an earthen pan; weigh the juice, and add to it three quarters of a pound of sugar for each pound of juice; boil twelve or fifteen minutes; skim carefully; put a little on a plate, to make sure the cooking is enough; put the jelly boiling hot into preserve jars, in which you have put a thin slice of lemon.—With the apples used to make jelly, you can make marmalade, or apple-charlotte. (Fr.)

APPLE OR CRABAPPLE JELLY.—Wash, stem and wipe the apples, carefully cleaning the blossom end. Cut into quarters, and put into the preserving kettle. Barely cover with cold water (about four quarts of water to eight of apples), and cook gently, until the apples are soft and clear. Strain the juice (there should be but three quarts of it); and proceed as for currant jelly (p. 349). Apples vary in their percentage of sugar and acid. A fine flavored acid apple should be

used, if possible. Apple jelly may be made at any time of the year; but winter apples are the best, and should be taken at their prime, from the fall to December or January. In the spring, add the juice of one lemon to every pint of apple juice. (Parloa.)

BOILED CIDER.—In a preserving kettle, boil down some perfectly fresh and sweet cider to one half its bulk, skimming often. Do not have the kettle more than two thirds full. Put into bottles or stone jugs. Such cider can be used at any time of the year to make cider apple sauce. (Parloa.)

CIDER APPLE SAUCE.—Cover eight quarts of pared, quartered and cored sweet apples with five quarts of boiled cider in a large preserving kettle. Cook slowly, until the apples are clear and tender. To prevent burning, put the kettle on an iron tripod, or ring. The cooking will take from two to three hours. If you need to stir the sauce, break the apples as little as possible. When it is cooked, put it into sterilized jars. In the late spring when cooking apples have lost much of their flavor and acidity, an appetizing sauce may be made by stewing them with diluted boiled cider, using one cupful of cider to three of water. (Parloa.)

CIDER APPLE JELLY.—Make in the same way as plain apple jelly; but in covering the apples, use cider fresh from the press, instead of water. (Parloa.)

CIDER PEAR SAUCE.—Cooking pears may be preserved in boiled cider, the same as sweet apples. If you like sweeter sauce, add a pint of sugar to each quart of boiled cider. (Parloa.)

LENTEN MINCE PIE.—Boil a dozen eggs quite hard, and chop the yolks very fine. Chop also a dozen pippins and two pounds of sultana raisins. Add two pounds of dried currants, a pound of sugar, a tablespoonful of powdered cinnamon, a teaspoonful of beaten mace, three powdered nutmegs, the juice and grated peel of three large lemons and half a pound of citron cut in large strips. Mix these ingredients thoroughly, and moisten the whole with a pint of rosewater and half a pint of brandy. Bake it in very nice paste. (Leslie.)

MOCK MINCE PIE.—6 soda crackers, rolled fine; 2 cupfuls of cold water; 1 cupful of molasses; 1 cupful of brown sugar;

1 cupful of sour cider; $1\frac{1}{2}$ cupfuls of melted butter; 1 cupful of raisins stoned and chopped; 1 cupful of dried currants (as they are always dirty, wash and rub them in warm water, drain them, and wash in three more, but cold, waters); 2 eggs, beaten light; 1 teaspoonful of nutmeg; 1 teaspoonful of cloves; 1 teaspoonful of black pepper; 1 teaspoonful of salt; 1 wine-glassful of brandy. (Harland.)

WILD FRUITS FOR JELLIES.

Wild raspberries, blackberries, barberries, grapes, and beach-plums all make delicious jellies. Failure with barberries comes from their being overripe, or not fresh. (Parloa.)

DATE.

The date is a staple article of food in Arabia and northern Africa, and, therefore, apparently (contrary to Atwater's analysis in our food table) must have a considerable proportion of protein (disregarding the water). Indeed the Encyclopaedia Britannica, 9th edition, says: "The dried fruit used for dessert in European countries contains more than half its weight of sugar, about 6 per cent. of albumen, and 2 per cent. of gummy matter." The amount of protein seems therefore, to be at least about 8 per cent. of the whole pulp (leaving the water out of account).

PERSIMMON, OR DATE PLUM.

The Japanese persimmon is of at least three kinds; the wild persimmon, like the American, small and too astringent to be eatable, until after being frost bitten; and two large kinds of persimmon up to about two inches and a half in diameter, one somewhat astringent, and the other naturally sweet. Both these kinds are sometimes grown without seeds. The sweeter kind (*amagaki*) is comparatively dry, and is eaten in its natural condition—after peeling of course. The large astringent kind (*shibuqaki*) is juicy, and is sometimes peeled, and dried in the sun, thereby losing its astringency, and somewhat resembling dried figs. Sometimes, however, it is, without peeling, placed, one not touching another, in a dry room, and, in a month or so, loses its astringency (the astringent tannin probably becoming changed to glucose), and then it can be eaten like the sweeter kind. The small wild per-

simmon can also be sweetened in the same ways. An emptied rice-beer (*sake*) cask is sometimes filled with the large astringent, unpeeled persimmons, never the sweeter ones, and then tightly closed and after a week, or two or three weeks, the persimmons become sweet enough to eat, and can be kept a month or two, say, until about New Year's. Or a cask that has not been used for *sake* can be so filled, and a little *sake* sprinkled upon the persimmons. The persimmons so preserved with the trace of *sake* are called cask-persimmons (*tarugaki*). The Japanese persimmon, perhaps the sweeter kind, has been introduced into the warmer part of the United States. (G. Yamanobe, private communication.)

OLIVE.

There are numerous varieties of the olive tree, and some are especially cultivated for their superior fruit, which, in different kinds, varies in size from an acorn to a large plum. It is too bitter to be eaten, unless pickled. It is gathered when of full size, but still green; and is soaked for a few hours in a strong lye of wood-ashes, or a solution of potash. When the potash has penetrated to the stone, causing a change of color, the olives are put into water, which is renewed several times a day for five days. A saturated brine made of the purest salt, and sometimes flavored with coriander, cloves, cinnamon or other spices, is boiled a few minutes and strained; and, after becoming cold, is mixed with an equal quantity of water, and poured over the olives placed in jars or bottles, which are then sealed. They are more a condiment than an article of nourishment; and are eaten to enhance the flavor of wine, and renew the sensitiveness of the palate for other viands. ("American Cyclopædia" and "Encyclopædia Britannica.")

VEGETABLE PRODUCTS.

VEGETABLE-GELATINE.

CARRAGEEN (or carrageen), sometimes called Irish moss, a seaweed with which jellies are made, and perhaps identical with the seaweed from which the Japanese manufacture their excellent vegetable-gelatine called *kanten*, is a far more appetizing source of gelatine than the putrid hides and hoofs from which is made the gelatine nowadays more commonly used, and said to be often not fully sterilized of numerous harmful germs derived from its thoroughly disgusting source. An American lady in Japan, expert in jellies, though unbiassed by such knowledge of the common gelatine, declared that it was less satisfactory for jelly making than the Japanese *kanten*.

CARRAGEEN BLANC-MANGE.—Carrageen costs but little, and is considered extremely salutary for anybody in delicate health. Its glutinous nature, when boiled, makes it suitable for blanc-mange. To half a pint of rich, unskimmed milk (or terralac) add two ounces of blanched and pounded bitter almonds, half a nutmeg, a large stick of cinnamon broken up, and eight or nine blades of mace. Boil it half an hour in a closed pan over hot coals. Meanwhile, wash through two or three cold waters half a handful of carrageen (too much would give an unpleasant taste); drain it well, and shake the water from the sprigs; and put it into a pint and a half of rich unskimmed cold milk (or terralac). Then stir in the boiled milk, adding gradually half a pound of powdered sugar, and mix the whole very well. Set it over the fire, and keep it boiling hard five minutes from the time it begins to boil. Then strain it into a pitcher; flavor it, if you like, with rosewater, or peach water, stirred in at the last; wet your moulds or cups with cold water, pour the blanc-mange into them, and leave it undisturbed to congeal. (Leslie.)

GELATINE-JELLIES are, if not the most delicate in taste, the most charming in effect of any side-dishes; especially the moulded jellies, though these leave something to desire, on account of the quantity of gelatine necessary to keep their form. When the jellies are put into cups, or little jars, there is less need of giving great consistency, and the flavor can therefore be much stronger. In warm weather, a little more gelatine is

needed. The jellies are neither long in making, nor difficult. The base is a mixture of sugar, water and gelatine. The sugar and gelatine should be of the best quality. The gelatine should have neither taste nor odor, and should be as transparent as the clearest glass; and limpid transparency should be attained by straining with a filter, a flannel bag, and the white of eggs.—To make the jellies set, it is only necessary to put them in a very cool place for three or four hours. If there are at hand no special jelly-cups, or little jars, wine-glasses can be used. It is important for perfect transparency and fine color, especially in the case of fruit-juice, not to use a wrought iron, or tinned vessel, nor a spoon of iron or tin. (Fr.)

GELATINE-JELLY WITH STRAWBERRIES is made in the same way as the jelly with currants, or with orange (see below); only, instead of other fruit, you use a quarter-pound of thoroughly ripe strawberries and an eighth of a pound of currants, or, in the lack of currants, the juice of a lemon; the juice of the strawberries and currants should amount to about a cupful. Into the jelly, when it begins to set, you can put some small strawberries, and stir a little, to scatter them. (Fr.)

GELATINE-JELLY WITH CURRANTS is made in the same way as the jelly with orange (see below); only, instead of oranges and a lemon, you use a quarter-pound of currants, preferably red ones, to have a fine bright-rose colored jelly; there should be about a cupful of juice; filter with a flannel bag. To make the dish perfect, put into each cup some stemmed currants. Put them in when the jelly begins to set, stir a little, to scatter them, and let the jelly set. (Fr.)

GELATINE-JELLY WITH CURRANTS AND RASPBERRIES is made in the same way as the jelly with currants (see above) or with oranges (see below); only, instead of other fruit, you use one half currants and one half raspberries. (Fr.)

GELATINE-JELLY WITH LEMON is made in the same way as the jelly with orange (see below); only, instead of four oranges and one lemon, you use four lemons and one orange, and you rub the lump of sugar on the lemon peel instead of on the orange. (Fr.)

GELATINE-JELLY WITH ORANGE.—For twelve or fifteen cups: Put into an untinned copper or brass sauce-pan half

an ounce of gelatine, ten ounces of sugar, three cups of cold water and two whites of eggs beaten to froth, to clarify; stir, and beat, over a gentle fire, until the sugar and gelatine are melted; at the first bubbling, take it away; and strain through a flannel bag, without pressure; until the liquid comes out altogether clear. Squeeze out the juice of four oranges and one lemon; in it melt a lump of sugar that has been rubbed upon the peel of the oranges; there should be about a cupful of the orange and lemon juice; if you have less, fill up with a little water; filter. Mix together your first preparation and the orange and lemon juice. Put into glass cups, or wine glasses; let the jelly set in a very cool place.—This dish can be made perfect by adding a neatly prepared subdivision of an orange in each cup. First, half fill the cup with jelly; let it set; then, place the orange subdivision in it, and fill up the cup with jelly and let it set.—If you wish to let the jelly set in a mould, you must use two thirds more gelatine and one third more sugar. (Fr.)

GELATINE-JELLY WITH PUNCH is made in the same way as the jelly with orange (see above); only, instead of the ten ounces of sugar, you use eight (half a pound), and, instead of the fruit juice, you use a cupful of punch and the juice of one lemon. As in all the gelatine-jellies, if you use a mould, you must take two thirds more gelatine and one third more sugar. (Fr.)

GELATINE-JELLY WITH KIRSCH is made in the same way as the jelly with orange (see above); only, instead of the fruit-juice, you use a cupful of half and half kirsch and water. (Fr.)

GELATINE-JELLY WITH RUM is made in the same way as the jelly with kirsch; only you use rum, instead of kirsch. (Fr.)

RIBBON GELATINE-JELLY is made in the same way as jelly with orange (see above); only, you use one third more sugar, and divide the gelatine and sugar syrup into halves, and into one half put half a cupful of strawberry, or raspberry, or currant juice, and into the other, half a cupful of kirsch, or rum, or anisette; and then put into a mould half of the red mixture, and let it set in a cool place; then put in half of the white mixture; let it set; then put in the rest of the red; and, after it has

set, the rest of the white. Let it fully set, and, at the moment of serving up, put the mould for half a minute into hot water, so that the jelly may be easily detached.—These jellies may be made of a great number of flavors and colors; only, take care to arrange them in the mould so that they shall contrast well with one another. (Fr.)

GELATINE-JELLY WITH A MEDLEY OF FRUITS.—Into a sauce-pan put an ounce of fine gelatine, a pound and a half of sugar, three cupfuls of water and two whites of eggs beaten to froth, to clarify; stir, and beat, over a gentle fire, until the sugar and gelatine are melted; at the first bubble, take from the fire, and strain through the flannel bag without pressure, until the liquid is completely clear; flavor with a cupful of half and half water and rum, or kirsch, or other cordial, or with a cupful of currant juice. Put some of the mixture into a mould to the depth of a finger's breadth; let it set; then sprinkle it with some strawberries, grapes, currants, cherries, or any small fruits that you happen to have. Put in a fresh layer of your mixture, and let it set; then again sprinkle it with the berries or small fruits; and so on, until the mould is full; let it fully set; at the moment of serving up, remove the mould, first dipping it for half a minute into hot water.—The fruits may be replaced by cooked fruit or fruit comfits, or pieces of the comfits. If the comfits are used, the syrup should be made with only a pound of sugar, and the jelly flavored with fruit juices, so as to be a little acid, which will contrast well with the sugar of the comfits, and will be more agreeable. The medley-fruit jelly can also be put into glass cups, or wine glasses; in that case, use only two thirds as much gelatine and four fifths as much sugar. (Fr.)

EDIBLE OILS.

OLIVE OIL (in America often simply called sweet oil).—The pulp of the fully ripe, and, in that stage, dark purple, fruit of the olive contains nearly 70 per cent. of oil. The finer kinds of oil are made from hand-gathered fruit that has just begun to ripen. It is spread under sheds and frequently turned, losing much of its contained moisture. But, for common oil, the fruit is allowed to lie under the trees, sometimes all winter, until convenient to gather. It is crushed to pulp in a mill, put into coarse sacks, that are stacked one on

another, and pressed. The oil of the first, comparatively gentle pressing is called virgin oil; a second quality is obtained by mixing the contents of the bags with boiling water, and pressing more strongly. If the fruit is left in heaps until it ferments, it yields more oil, but of very poor quality. The finest oil has a slightly greenish color, a faint but agreeable odor, and a bland taste, leaving a slight sense of acidity in the throat. Olive oil is sometimes adulterated with cheaper oil (say, peanut oil, cottonseed oil); and, if they are not of considerable amount, it is difficult to detect them; but one test is their greater specific gravity. ("Encyclopædia Britannica.") Italians say that when olive oil is heated for frying, its odor is agreeable; but that heated cottonseed oil smells bad. Olive oil is very nutritious, and, in Italy, southern France and other countries where it is produced, is much used as food, not only with bread, but in cooking, especially for frying; but in America is used chiefly in dressing salads.

SESAME OIL, or (in India) **Gingelly oil**.—Sesame seeds yield from 50 to 56 per cent. of a clear, limpid, pale yellow, inodorous, bland and sweet oil, not liable to rancidity, one of the most highly esteemed of vegetable oils, and of much importance in the East Indies, China (and Japan) as a food substance. As a salad oil, the cold-pressed qualities are in every respect equal to the finest olive oil, its mild piquancy of taste causing it to be preferred by many. It is subject to much adulteration, especially with the cheaper peanut oil; and is used to adulterate olive oil. ("Encyclopædia Britannica.")

PEANUT OIL.—The peanut, or groundnut, yields by cold expression, from 42 to 50 per cent. of oil, and, by heat, a larger quantity of inferior quality. The better quality is limpid, light yellowish, or straw color, with a faint smell and bland taste; and is an excellent substitute for olive oil (which it often adulterates), though slightly more prone to rancidity. ("Encyclopædia Britannica.")

COTTONSEED OIL.—Beginning in 1852, the manufacture of cottonseed oil (sometimes called cottolene) has become very important. The Egyptian seed yields about 25 per cent. of oil, and the American about 20 per cent. The dark brown crude oil is purified by coagulating the albuminous impurities with boiling water and steam, and, after their precipitation,

briskly agitating the removed oil with a weak alkaline lye, that separates colored resinous matter and a little saponified oil, leaving on settling, the clear refined oil of a straw-yellow color, a faint earthy odor and a pleasant nut-like flavor. It is much used to adulterate more costly oils, especially olive oil, as well as to make soap, and to mix in lubricating oils. ("Encyclopædia Britannica.") Italians say that when heated in cooking it has, unlike olive oil, a disagreeable odor. Otherwise, it appears to be, when well refined, a satisfactory salad oil and cooking oil.

RAPSEED OIL.—Rapeseed and colzaseed are produced by varieties of the same species as the common turnip and of the same genus as mustard, and yield from 80 to (colza) 45 per cent. of oil, which at first is of a dark sherry color with scarcely any smell, but, after resting a short time, deposits an abundant mucilaginous slime, and by taking up oxygen acquires a peculiar disagreeable odor and an acrid taste. But, by refinement, the oil assumes a clear golden yellow color, and, by mixture with starch, heating to carbonize the starch, and, after cooling, filtering, loses its biting taste; and is used in Germany for salad oil (Schmalzoel). The offensive taste may also be removed by treatment with a small proportion of sweet spirit of nitre (nitrous ether). Rapeseed oil is much used as food in the East Indies. ("Encyclopædia Britannica.") It is used for frying in Japan; but in flavor is far inferior, there, to sesame oil.

MUSTARDSEED OIL is a bland, inodorous, yellow oil, free from pungency and with little tendency to become rancid. It is extensively used in India for cooking. ("Encyclopædia Britannica.")

OTHER EDIBLE VEGETABLE OILS.—There are many other vegetable oils, of less importance, that are more or less used for food in different countries. Among them, there are: *Almond oil* from both the sweet and the bitter almond, pale straw-colored, with a pleasant nutty taste, liable to rancidity; *Brazil nut oil*, becoming rapidly rancid; *poppy oil* (when cold pressed), nearly colorless, limpid, of pleasant taste and a faint characteristic odor, an esteemed salad oil; *safflower oil*, light-yellow, clear, limpid, used in cooking; *sunflower oil*, clear pale-yellow, limpid, with scarcely any smell, and a mild pleasant characteristic taste; *tea-seed oil*, yellow, destitute of

taste and smell; *walnut oil*, fine, limpid, and, when cold-pressed, almost colorless, of sweet nutty taste and pleasant odor. *Coconut oil* is a white solid of peculiar, rather disagreeable odor and mild taste; much used for making marine soap that lathers with seawater; *Indian butter*, obtained from the seeds of the *Bassia butyracea*, in northern India, is a fat of the consistency of lard, and of delicate white color, and pleasant odor and taste and not becoming rancid in many months; *Palm oil* and *Palmnut oil*, both solid fats of agreeable taste and the odor of violets or orris root are sometimes used as food, but, in Europe and America, chiefly for making soap and candles. ("Encyclopædia Britannica.")

SAGO.

Sago is dry granulated starch, the prepared pith of several different East Indian palms and a cycad.

SAGO SOUP.—For six persons: three pints of broth, four spoonfuls of sago. The soup is made in the same way as cracked wheat soup (p. 273); but is simmered longer, at least thirty minutes. (Fr.)

SAGO PUDDING.—In a quart of milk (or terralac) boil, till quite soft, six tablespoonfuls of sago that has been picked clean and soaked for two hours in cold water; stir alternately into the milk a quarter-pound of butter and six ounces of powdered sugar; and set it away to cool. Then gradually stir into it eight eggs that have been beaten quite light; add a teaspoonful of powdered cinnamon, half a teaspoonful of powdered mace, a beaten nutmeg and, lastly, half a pound of dried currants that have been picked over, washed and dried, dredging them with flour, to prevent their sinking. Stir the whole very hard, put it into a buttered dish, and bake it three quarters of an hour. Eat it cold. (Leslie.)

ANOTHER SAGO PUDDING.—Cleanse half a pound of sago in boiling water, boil it over steam in a quart of milk (or terralac), until it is dissolved, stirring often. When it is soft, take it from the fire, and stir into it two ounces of butter, four large tablespoonfuls of powdered sugar, a wineglass (half a gill) of wine, and, when it is cold, four beaten eggs. Grate a little nutmeg in, and add salt. Bake immediately, and serve it up cold or hot. (Haskell.)

SAGO AND APPLE PUDDING.—Four large apples; five ounces of sago, sugar and lemon-flavor. Prepare the apples as for apple sauce; boil the sago in a small quantity of water; add the apples, sugar and flavor, and bake in a pie dish. (“Vegetarian Cookery.”)

MOULDED SAGO.—Five tablespoonfuls of sago; a quarter of a pound of sugar; and eight drops of the essence of lemon. Steep the sago a quarter of an hour in a cupful of cold water; pour on it three cupfuls of boiling water, and boil the whole in an earthen vessel in the oven, about an hour, occasionally stirring it; pour into moulds, and let it stay till cold; then turn it out, and serve it up with stewed or preserved fruit. (“Vegetarian Cookery.”)

MOULDED SAGO WITH FRUIT.—Four ounces of sago; half a pint of raspberry and red currant juice (strained), and six ounces of sugar. Wash the sago and steep it one hour in cold water; strain off the water, add the juice, and boil gently a short time, stirring it occasionally, and adding the sugar; when it is clear, pour it into a mould, let it stand twelve hours, and turn it on a flat dish. (“Vegetarian Cookery.”)

TAPIOCA.

Tapioca is a coarsely granular substance, the heated, and, so partly changed (to dextrine) moistened starch obtained from the manioc, a Brazilian plant. Cassava, or manioc, mandioc, or manihot, is a more granular, less purified form.

TAPIOCA SOUP.—For six persons; three pints of broth, four tablespoonfuls of tapioca. The soup is made in the same way as cracked wheat soup (p. 278), but is simmered only about ten minutes. To be delicate, it should not be too thick, more like unctuous broth than like glue. (Fr.)

TAPIOCA PUDDING.—Soak in one quart of night's milk (or terralac) four heaping tablespoonfuls of tapioca; in the morning boil it over steam until quite thick, stirring it from the bottom several times; add some fresh butter as large as an egg (or four spoonfuls of oil), a quarter-pound of sugar, four well beaten eggs, and, lastly, a gill of sweet thin cream from the morning's milk (or a palatable oil); flavor with nutmeg, or, if you prefer, bitter almond; add a little salt, unless the butter has brought salt enough. Bake half an hour. Serve up

with butter and sugar worked to a cream and thinned with a gill of hot wine. (Haskell.)

APPLE TAPIOCA PUDDING.—Put half a tablespoonful of tapioca that has been soaking all night in water into a sauce-pan; add half a teaspoonful of sugar and a little nutmeg, or cinnamon. Simmer ten minutes, then add eight pared, cored and quartered apples, and simmer ten minutes more. When cold the tapioca will form a jelly around the apples. (Hartshorne.)

ARROWROOT.

Arrowroot is a starch obtained from the roots of a plant. Bermuda arrowroot is the best. (Hartshorne.)

THICKENING WITH ARROWROOT.—Moisten a little arrowroot in a plate with one or two spoonfuls of cold water. Mix it, little by little, with the sauce to be thickened; take from the fire at the first boil, for, otherwise, the sauce will become thin again. A teaspoonful of arrowroot is ample to thicken a pint of sauce; but the exact quantity depends on the greater or less consistency of the sauce. Thickening with arrowroot can, even advantageously, replace thickening with flour. (Fr.)

ARROWROOT GRUEL.—Make a spoonful of arrowroot into a paste with cold milk (or terralac); stir it into a pint of boiling morning's milk (or terralac); boil five minutes, stirring constantly; season with salt. (Haskell.)

ARROWROOT JELLY.—Mix three tablespoonfuls of arrowroot powder in a teacupful of water till it becomes quite smooth; cover it, and let it stand a quarter of an hour. Put the yellow part of the peel of a lemon into a sauce-pan with a pint of water, and let it boil till reduced one half. Then take out the lemon peel, and pour in the dissolved arrowroot, while the water is still boiling; add white sugar enough to sweeten it well, and let it boil together for five or six minutes. Season, if you like, with two teaspoonfuls of wine and some grated nutmeg. It may be boiled in milk (or terralac) instead of water, or in wine and water, according to taste. (Leslie.)

MOULDED ARROWROOT.—Six ounces of arrowroot, six ounces of sugar, the rind of a lemon, ten drops of almond flavor, and one quart of water. Mix the arrowroot, till quite smooth, with a little of the cold water; set the rest of the

water on the fire with the rind of a lemon pared thin; when it boils add the sugar, and let it simmer about five minutes; then take out the lemon-peel, and put in the arrowroot, stirring constantly, till it has boiled three minutes; add the almond-flavor, and pour it into a mould previously dipped in cold water. ("Vegetarian Cookery.")

ARROWROOT BLANC-MANGE.—Dissolve a teacupful of arrowroot in a little cold water in a large bowl. When it is melted, pour off the water, and leave the arrowroot undisturbed. In a cupful (half a pint) of unskimmed milk (or terralac), very sweet with white sugar, boil a beaten nutmeg and eight or nine blades of mace, mixed with the juice and grated peel of a lemon. When it is highly flavored with long boiling, strain it into a pint and a half of very rich milk (or terralac), or cream (or terralac cream), and add a quarter-pound of sugar. Boil the whole for ten minutes, and strain it boiling hot, over the arrowroot. Stir it well and frequently, until cold, then put it into moulds, and let it stiffen. (Leslie.)

ARROWROOT PUDDING.—Dissolve four teacupfuls of arrowroot in a pint of cold milk (or terralac). Boil another pint of milk (or terralac) with some broken cinnamon and a few bitter almonds, or peach leaves; strain the hot milk over the dissolved arrowroot; stir it to a thick, smooth batter, and set it away to cool. Into the cold batter, stir six eggs beaten very light, alternately with a quarter-pound of powdered white sugar. Add a grated nutmeg and some fresh grated lemon-peel. Put the mixture into a buttered dish, and bake it an hour. When it is cold, tastefully arrange some slices of preserved quince or peach, all over the top of the pudding, or ornament it with strawberries, or raspberries, preserved whole. (Leslie.)

ARROWROOT PUFFS.—For ten or twelve persons: Boil a quart of milk (or terralac) with half a vanilla-pod, or with some orangeflower water, or some burnt orangeflower, or some finely chopped lemon-zest; sweeten with half a pound of sugar, cool down, mix little by little with two good tablespoonfuls of arrowroot, season with a little fine salt, and put on the fire; stir on the fire two or three minutes, until the porridge becomes quite thick; take it from the fire, and let it cool. This porridge can be made beforehand. At the time of using it, mix with it, while cold, six egg-yolks; add the whites beaten to

froth; mix the whole together quickly, lest the whites subside. Pour into a mould, or a dish at least about two inches and a half deep, and not to be more than three quarters full; quickly put it into a very hot oven, or put it into an already heated Dutch oven over hot ashes and well supplied with live coals. Cook fifteen or twenty minutes; when it is well risen and of a fine color, sprinkle with sugar, and serve up at once. The porridge may be made with a little less arrowroot, and some crushed macarons instead. The flavorings mentioned may all be omitted, and, before putting in the eggs, two or three spoonfuls of spiced marmalade may be added. (Fr.)

SUGAR.

Cane sugar is more compact and sweeter than beet sugar. Sugar is merely a carbohydrate, with no protein nor fat, and serves to counterbalance an excess of protein and fat in other components of a dish or diet. Fermented by yeast, it turns to alcohol, and by a second fermentation, to vinegar.

Good sugar is hard, brilliant, of a fine white color, and comparatively light, without odor, and tastes agreeably, and in dissolving in water does not cloud it too much. Avoid sugar that too readily falls to powder, or is oily, or of a yellow color and disagreeable to taste. Cane sugar is apt to be less porous than beet sugar, and therefore is more effective in sweetening. Pulverized sugar is said to sweeten less effectively than lump sugar or granulated sugar. (Fr.)

COOKING SUGAR.—The more water is put in the longer it takes to cook the sugar. The best proportion is half a pint of water to a pound of sugar. Preferably use an untinned copper pan or kettle. Set it over a lively fire. (Fr.) The degree of cooking is distinguished by the signs of concentration of the sugar, as tested with the finger or skimmer; but a more convenient and more precise method of determining the concentration is with the syrup-gauge.

CLARIFIED SYRUP.—Put four pounds of broken loaf sugar into a clean block-tin pan, or a pan lined with earthen ware, or porcelain, with a quart of spring water; stir till the sugar is dissolved; set it over a moderate fire, adding the beaten white of an egg, before the sugar and water have become warm; when it boils take off the scum, and keep it boiling till perfectly clear; then strain through muslin, and when it is cold,

put it in bottles. If well corked, it will keep several months. Fruit syrups are better when prepared with this clarified syrup, than when made with sugar only. It is also convenient to be used for sweetening at the table. ("Vegetarian Cookery.")

CARAMEL.—The best and also the most convenient coloring for culinary preparations is caramel. It is easy to make it yourself, and you have it better. Put into a saucepan over a quick fire half a pound of sugar, in small lumps or granulated, and a quarter of a cupful of water. Stir from time to time with a rod, or spoon of iron, to make it turn equally to caramel, until it is of a very dark chestnut color, almost black. Then, add to it little by little a cupful (half a pint) of water. Boil, detaching the caramel that sticks to the sauce-pan, and stirring until the water and the caramel are well combined. Cool and put into a jar or bottle, ready for use. If put in a dry cool place, it can be kept several months. When it is well made and cooled, it has the consistency of good molasses, but it should be of a still darker color. (Fr.)

BROWNING.—Put two ounces of powdered white sugar into a sauce-pan, over a slow fire; when it begins to melt, stir it with a wooden spoon till it is getting black; set it in a rather cool oven upon a trevet for about twenty minutes; pour a pint of cold water upon it, and let it dissolve. Keep in small bottles in a cool, but dry place to use as required. It will not keep more than a few weeks. ("Vegetarian Cookery.")

COLD SWEET SAUCE.—Stir together, as for a pound cake, equal quantities of fresh butter (or oil) and white powdered sugar. When it is quite light and creamy, add some powdered cinnamon or nutmeg and a few drops of essence of lemon. To be eaten with either baked or boiled batter pudding, bread pudding, Indian pudding, and the like. Also with apple pudding, or dumplings, and with fritters and pancakes. (Leslie.)

PLAIN SWEET SAUCE.—A cupful of boiling water, half a cupful of butter, a cupful of sugar, an even teaspoonful of flour stirred in a little water and freed from lumps; beat the mixture while it is heating, until it boils; add nutmeg. (Haskell.)

PLAIN SOUR SAUCE is made in the same way as the plain sweet sauce, only use vinegar instead of water; and, if the sauce is not sweet enough, add sugar. (Haskell.)

ORANGE SAUCE.—Half a cupful of butter, one of sugar; beat light, and add a cupful of fresh orange juice. (Haskell.)

WINE SAUCE.—Beat together two cupfuls of sugar and half a cupful of butter; add a cupful of wine slowly to the sugar and butter; beat it well and melt it over steam, but do not stir it while it is melting. Brandy sauce can be made in the same way. (Haskell.)

SPRUCE BEER.—In a large kettle, boil ten gallons of water, a quarter-pound of hops and a teacup of ginger, until the hops sink to the bottom. Dip out a bucketful of the liquid, and stir into it six quarts of molasses and three ounces and a half of the essence of spruce (or, instead of the essence, two pounds of the outer sprigs of spruce fir may be put into the liquid ten minutes before the end of the boiling). When all is dissolved, mix it with the liquor in the kettle; strain it through a hair sieve into a cask; and stir into it half a pint of good strong yeast. Let it ferment a day or two; then bung up the cask, and you may bottle the beer next day. It will be fit for use in a week.—For a small quantity, boil a handful of hops in ten quarts of water, until they fall to the bottom. Strain the water, and when it is lukewarm, stir into it a tablespoonful of ground white ginger, a pint of molasses, a tablespoonful of essence of spruce, and half a pint of yeast. Mix the whole well together in a stone jug, and let it ferment a day and a half or two days. Then bottle it, with three or four raisins in the bottom of each bottle, to prevent further fermentation. It will then be fit for immediate use. (Leslie.)

GINGER BEER.—Put a pound and a half of sugar, three ounces of strong white ginger, and the grated peel of two lemons into a large stone jar; pour over them two gallons of boiling water. When it becomes milkwarm, strain it, and add the juice of the lemons and two large tablespoonfuls of strong yeast. Make the beer in the evening, and let it stand all night. Next morning bottle it in half pint stone bottles, tying down the corks with twine. (Leslie.)

CURRANT WINE.—Strip four gallons of ripe currants from the stalks into a great stone jar that has a cover, and mash

them with a long thick stick. Let them stand 24 hours; then put the currants into a linen bag; wash out the jar, set it under the bag, and squeeze the juice into it. Boil five pounds and a half of sugar in two gallons and a half of water, skimming it well. When the scum ceases to rise, mix the syrup with the currant juice. Let it stand a fortnight or three weeks, to settle; then transfer it to another vessel, taking care not to disturb the lees or dregs. If it is not quite clear and bright, refine it by mixing with a quart of the wine (taken out for the purpose), the whites of two eggs beaten to a stiff froth, and half an ounce of cream of tartar, and pouring the mixture gradually into the vessel. Let it stand ten days, and then bottle it off, and lay the bottles on their sides. The wine will be fit to drink in a year, but better when three or four years old. You may add a little brandy to it when you make it; allowing a quart of brandy to 24 quarts of wine. (Leslie.)

ELDERBERRY WINE.—Put quite ripe elderberries into a stone jar, mash them with a round stick, and set them in a warm oven, or in a large kettle of boiling water, till the berries begin to simmer. Then take them out, and press and strain them through a sieve. To every quart of the juice, allow a pound of sugar and two quarts of cold soft water. Put the sugar into a large kettle, pour the juice over it, and, when it has dissolved, stir the water in. Set the kettle over the fire, and boil, and skim it, until no more scum rises. To sixteen quarts of the liquid add a pint and a half of brandy. Put it into a keg, and let it stand with the bung put in loosely for four or five days, by which time it will have ceased to ferment, then stop it closely, plastering the bung with clay. At the end of six months, draw off a little of it; if it be not quite clear and bright, refine it with the whites and shells of three or four eggs, beaten to a stiff froth and stirred into a quart of the wine, taken out for the purpose, and then returned to the cask; or you may refine it with an ounce or more of dissolved isinglass. Let it stand a week or two, and then bottle it. (Leslie.)

MEAD.—To every gallon of water put five pounds of strained honey (the water must be hot when you add the honey), and boil it three quarters of an hour, skimming it well. Then put in some hops tied in a thin bag (an ounce, or a handful to each gallon), and let it boil half an hour longer. Strain

it into a tub, and let it stand four days. Then put it into a cask (or into a demijohn, if the quantity be small), adding for each gallon of mead a gill of brandy and a sliced lemon. If the cask be large, do not bottle mead until it has stood a year. (Leslie.)

RUM SHERBET.—For ten or twelve persons: Put into a sauce-pan a pound of sugar and a cupful of water; boil, and skim well; when the skimming is complete, take from the fire, add another cupful of water and the juice of three lemons, pour into the freezer, filling it only two thirds full; and freeze it in the way already indicated (p. 340). At the moment of serving up add half a cupful of rum; stir well together, and serve up in wine glasses. (Fr.)

KIRSCH SHERBET is made, and served up, in the same way as rum sherbet; only, the lemon juice is omitted, and, instead of rum, you add half a cupful of kirsch. (Fr.)

ROMAN PUNCH is made, and served up, in the same way as rum sherbet; only, at the time of adding the juice of three lemons, you add a cupful of good Chablis wine, instead of water; and at the time of serving up, you add half a cupful of rum and three whites of eggs beaten to froth. (Fr.)

SALT.

BRINE.—Fill with water a sauce-pan, or pot (not of copper, for fear of verdigris). Set it on the fire, and when the water boils, put in some salt, little by little, and let it dissolve. To know when the brine is saturated enough, put an egg into the boiling water; and when, with the addition of the salt, the egg rises, and floats, the water will be salt enough. Take the brine from the fire, and let it cool; but do not put into the salting tub until completely cold; otherwise it would produce a bad effect. (Fr.)

To write out these thousand and one receipts has frequently made the mouth water. May their practical use prove even more enjoyable.

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